

# To the Curteous Reader.

NICLOWNE : To easure L. 1639



His Pamphlet beynge writ-  
ten (not many yeres past as  
it shoulde seeme) at the ear-  
nest request and sute of a  
Gentlewoman in the Countrey for her pri-  
uate use, whiche by these singular prac-  
tizes hath obtained such fame, that her  
name shall be remembred for ever to the  
posteriorie. The originall Copie by greate  
chaunce was lent me by an especial friend  
of myne, in the perusing whereof: I found  
it so farrre fitt with suche rare experi-  
ments and pretie corseites, as the like ne  
er my knowledge extant in the Englyssh  
tongue. I thought it my dutie for the  
health and pleasure of many my frenades,  
to set the forth to the yeire of the world,  
to bee practized especially of those that

## To the Reader

Take delight in such matter, or hath any occasion through their defects to vse them for their healthes sake. This I dare presume to reporte of the woork that there are herein included very many secretes, that I knowe by the Widowes owne practise, to be most singular and approued; and though perhaps they are not orderly set downe as many of better skill might haue done, I desire you to consider that this was of the collection of such a one, as neuer once thought to haue made them common; but onely to his good freende M R. This caueat she also gineth you by the waie, to reade them aduisedly and practise with discretion, and as you finde command, & so with all humilitie concluding, I dedicat pnto you this her treasure and chiese Itemell: desirynge you to bee a defence aswell for her as for me, from all suche as shall in your hearing scorne her, or me for disclosing suche profitable experimentes.

Fare you well.



FINIS.

# The VVidowes Treasure.

To make Sirrop of Roses  
or Violettes.



**T**ake of Violettes or Roses a pounde, steepe them in three pintes of warme water, put it in an earthen pot with a narrow mouth the space of eight houres or more, after straine it and warme the water againe: and put to it againe so many Roses or Violettes, and likewise let them ly in steepe eight houres, and thus doe at the least five tymes, the ofcner the better, in especiall the Roses, and after take to every pinte halfe a pounde of Suger, and steepe them together till the Suger bee molten, then seeth them together with a soft sweete fire to the heich of a Sirrup: If you haue more Roses or Violettes or sever, let so muche be the proportion of the water, accordyng to the proportion before.

To make Diastrion Pipereon the best.

**T**ake white Pepper, blacke Pepper, and long Pepper, of eche sixe drachmes.

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and

## The VVidowes

and eighteene graines, Tyme, Ginger,  
Anueseedes, of eche adragme: beate the  
long Pepper Anneedes Ginger and  
Tyme into fine poulder, bruse the other  
two Peppers as grose as maie bee: then  
take Sugur clarified with Hissop water,  
eighteene ſ, seeth the Sugur, and take ſo  
muſe of the water aboue ſaid as will co-  
uer it. To knowe when it is enough, drop  
a drop on a Saucer, and if it will come fr̄  
the Saucer without cleauing it is enough:  
Then after cooling, put in your poulder  
and wirre them altogether, and after put all  
into a pot &c.

*Virtutes huius confectionis  
sequuntur.*



This decoction is good to eate,  
alwaies before and after meate

For it will make digestion good,  
and carne your meate to pure blood.

Besides this, it doeth excell,  
all windines to expell;

And all groſe humors colde and rawe,

That are in the belly ſtomack or maw;

It will diſſolve without paine,

and keepe euill vapors from the braine;

Besides

# Treasure.

if fives this it will restore,  
your memorie, though lost before.  
Use it therefore when you please,  
for therem resteth mightie ease.

## To make Rosa Solis.

**A**Take first a quarte of the best Aqua  
vite that you can get, and put it in  
to a glasse or pot of earth, then put  
into it ffe handfulls of Rosa Solis cleane  
picked, and the rootes & dead leaues cleane  
clipped of, a quarterne of Suger beaten to  
poulder, nine Dates opened and the white  
skinne within pilled or pluckt of, then shew  
the Dates in small peeces, and one ſ. Gru-  
ger, di. ſ. Nutmegges ſi. Anniseedes, ſuis.  
Liqueret, be atyng all cheſe last rehearsed  
into fine poulder : Then put them alto-  
gether in the ſaid glasse or pot, lettynge them  
ſtande very cloſe ſtopped the ſpace of three  
or four daies, then take the all and ſtraine  
the forſaid thinges into ſome cleane ves-  
ſell as harde as you maie, ſo that you maie  
haue almuthe of the ſtrength as is poſſible  
to haue of it : then take and put the liquyſ  
into the glasse or veffell that you meane to

A.iiiij. preseruſ

## The Widdowes

preserue it in, and stoppe it very close that  
no strength passe out of it in any maner.

## Doctor Hatchers Poulder against the Stone.

Take the Rootes of Treos, Liquerice,  
Calamus Aromaticus, the heare of the  
Hares skinne burnt, of eche 3f. the Rootes  
of Enula Campana, Filipendula, Ginger,  
long Pepper, Anniseede, Fenell seede,  
Saxifrage seede, Ana. 3f. Cinamom, Ma-  
tes, Cyparis, Spicknarde, Saffron, By-  
tanic, Ana. 3f. Suger 3f. Sene of Alexan-  
dria 3f. Rhabarke 3f. Of all these premit-  
ses make a poulder fine and small, and take  
ther eof the weight of viij b. in the moruyng  
fasting with white Wine, twise or thrise a  
weke leuke warme. It cleneth the Blad-  
der, Backe, Reines and Kidnes from the  
Stone, it remedieþ belly ache, and prouo-  
keth a late.

## Maister Stranges Plaister against the Stone.

Take Planten, Fetherfewe, Garden  
Caulie, and Houslike, of eche alike  
quantite,

## Treasure.

quantite, and stampe al these together and straine them, then take the iuyce and put to it Beane flowre also uche as shall make it thicke, and then take thre or fower sponefulls of Honey , and clarifie them in the fire, whiche doen: pus the iuyce and the flower into the Honey, and boyle them on the fire together vntill they be stiffe like a plaiſter. When you will vſe this medicine, you must take a double cloch that shalbe a quarter of a yearde broade, and as long as will goe rounde about you, and strike this plaiſter vpon it , and as hot as you can sowe it round about you, and this must you weare two daies and a night, or els two nightes and a daie before you take it of.

## To prouoke Sleepe.

Take a sponefull of Wiamans milke, a sponefull of Rosewater, and a sponefull of the iuyce of Lettis, boyle them in a dish, then take some fine flaxe and make your plaister as broade as you will haue it lye on your forehead , and then moyst it with the same liquor, and grase a litle Nutmegge in strawe ouer it , and laie it to your tem-

A. b.

plow

The VI Widowes  
ples and it will prouoke sleepe.

A soueraigne medicin for  
the Collicke.

**N**ake a Cotte of Woushoare breade  
of cleane Wheate, and euer as  
you tolle it cast Malmesse on it,  
then take dyed Lanender flowers, and cast  
it on the Cotte, then lare it on a thinn  
rloard, and as hot as you can suffer it lare  
it to your Mantle as cloase as you can,

To make Aqua Composita.

**T**ake a handful of Rosemary, a good  
Roote of Enula Campana, a hand-  
full of Hislop, vi. handfull of Tyme,  
vi. handfull of Sage, sixe crops of Minte,  
as many of Pennyroyall, as many of Mar-  
geram, vi. handfull of Horehounde, two  
vinces of Liquerces, two vnces of Amisee-  
des brused, then take three gaunes of good  
Ale, and put therein all these thynges as  
foresaid, and cover the pot close til it boyle,  
and then set on your Limbercke, and keepe  
under it but a folt easie fire, And if a man  
hau

## Treasure.

haue the Stone, these Hearbes be good to  
put into the saied water viz. di. handfull of  
Saxifrage, one handfull of Parsely, di.  
handfull of Philipendula, and di. handfull  
of Fennell.

## For Cough and Flewme in the Stomacke.

Take a quarte of stale Ale, and a handful  
of Gooseniate whiche is named Hay-  
rese, and a quantitie of yared Liqueress,  
and a quantitie of small Reysons, & boyle  
all together vnto a pouce, and drinke there-  
of first and last.

## For the Sciatica.

Take Sautery, and mire the myce ther-  
of with Wheate flowre, and make a  
plaister thereof, and laie it where you feele  
the paine.

## A souaigne oyntment for weake- nesse in the Backe.

Take a handfull of Dalle rootes, and as  
muche of Jeauken, Sars-pastoris, Gen-  
sumnodi,

## The VVidowes

humoodi, and the creps of Arcons Anys  
handfull Bole Armoniacke, and the pou-  
per of a Hartes boone, then take a Bucke  
Coney that is fat, and boyle all these toge-  
ther in white WINE and water, as muche  
water as WINE, till the saied Coney bee  
consumed the fleshe from the bones, and  
after take the Coney and the other geare  
forth of the broth, and straine the broth into  
a cleane vessell, and let it stande till it turne  
into a gellie, and when you be in bed, cause  
the backe therewith to bee annoyncted by a  
Chafingdishe of coales, three nightes to-  
gether, and late thereon a linnen cloath  
warme, and softly laie it on, and in no wise  
chase your backe.

## For Flevme or stoppyng in the Stomacke.

**T**ake two handfulls of Honysuckle  
leaves, and one vnce of Amiseedes,  
and three stickes of Liqueres, boyle  
all these together in a quarte of water, till  
they be boyled from a quarte to a pinte, the  
vnde or gramine thereof in the morayng fastyng.  
*and the Bennett*

**T**he deuotion of Bittome dronken.  
The leabes, branges & droppes of  
Bromme hould.

## Treasure.

For Strangury or Stone in the  
Raines of the Backe.

**T**ake water of Camomill stilled, and  
drinke therof when you feele paine, one  
vunce fassyng, vntill the paine be alaid, and  
eate a little Sugger after, because the wa-  
ter is bitter.

To make Oylc of Camomill.

**T**ake Oyle a pinte and a halfe, and thre  
vnces of Camomill flowers, dried one  
daie after thei be gathered in the shadowe,  
then put the Oyle & the floweres in a glasse  
and stoppe the mouthe close, and set it into  
the Sunne by the space of xix daies.

To make Oylc of Roses.

**T**ake Oyle washed eightene vnces, the  
Buddes of Roses, the white endes of  
them cut awaie three vnces, laie the Roses  
alroade in the shadowe somer and charente  
houres, then put the in a glas to the Oyle,  
and stoppe the glasse close, and set it in the  
Sunne at the least xix daies.

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The maner how to washe  
the Oyle.

**T**ake and put it into a Basin of faire water, and beate it well with your hand that the drosse may fall downe, then take of tho. parte whiche remaineth aboue on the water with a spone, and put the same Oyle into an other Basin of faire water, and washe it as you did before, and so purifie it three or four tymeſ.

To make the oyntment of Rces.

**T**ake Oyle of Roseſ fower vnces, white Ware one vnce, melt them together ouer ſeething water, then chafe them together with Rosewater and a little white Vineger.

To make a Tyſande.

**T**ake Borage, Langdebeete, Sorrell, Endife, Chiqueſoyll, two or three handfulls of Barley well picked and boche the endes taken of, then take halfe a handfull of red Fennel, and a quantite of Ligeres,

## Treasure.

Liquores, Suger Cade, Figgis, Dates,  
greate Reasons, boyle all together from a  
grome to three pintes.

## For the Strangury.

TAKE a pounde of Guiacum, otherwise  
called Lignum vitæ, and let it be beaten  
to poulder as a Pothecary enformeth you,  
then put the substance therof in a pot with  
threé quartes of pure water, and cloase the  
mouth of the pot surely, that in no wylle the  
ayze thereof goe out, then make but a soft  
fire vnder the pot that it doeth not seethe or  
boyle, and to remaine so hot (but not boyl-  
ing) the space of fourre and twentie houres,  
and at the ende of fourre and twentie houres  
open the hed of the pot, and take the whole  
substance and liquor, and put it in a Stilli-  
torie, and put thereto a pottle of white  
Wine, and when you haue stilled the same,  
drinke thereof in the morynge fastyng, or  
any tyme els when you seele paine, and if  
you will haue but halfe a pounde of Gui-  
cum, then accordyng to the proportion of  
that quantite, vse the ingredientie as is a-  
bove written: And because many can not  
come

## The VVidowes

come by white Wine, if you haue a pound  
of Guiacum, after the race put to the posid  
a gallon of clere water to bee ordered the  
space of fourre and twentie houres as is a-  
fore saied : then straine it through a clothe,  
and drinke of it at your pleasure , but the  
vertue thereof will not last past three or fo-  
wer daies.

## A Glister for the Strangury.

**T**ake Camomill flowers, and Hellions,  
of eche one handfull , seethe them in a  
quarte of water to a pinte, then straine the  
liquor and put thereto three vases of Oyle  
of Camomill, & the weight of two groates  
or lesse of Salt, and so prepare the Glister.

## For the swellyng of the Yarde or Coddes.

**T**ake Egrymonie of the water thereof  
stilled, and put thereto a quantitie of Al-  
lom, and set them over the fire , till they al-  
most boyle , then wiche a ragge of Linnen  
cloth ansynt the Pearde under the skinne  
wiche the water wel and warms, and it wil  
abate

## Treasure.

abate the paine of the Pearde and of the  
Codg also if they be washed with the same.  
Also to incarnate the skinne of the Pearde  
within, take the water of Fumitory, and  
laiē Liquerice pared therein one night, and  
put of the same water into the Vcard with  
a spunge, or els with a tent of linnen cloth,

### *g Doctor Bartlettes medicine for Aches with swellyng.*

**T**ake flowers of Camomill and Rose  
leaves, seeth them in white Wine, ma-  
kyng a plaister thereof, laie it to the place  
where any paine, ache, or swellyng is.

### *To make one to pisſe.*

**T**ake the poulder of the Buries of Tute,  
and drinke it with white Wine, or els  
with stale Ale hot.

**T**HE worthe Doctor & excellent prac-  
titioner Rasis writteh that whosoever  
osten tymes snuffeth vp into his nostrelles  
the iuyce of greate Margeram, shall never  
be deseased in the head.

B.j.



## The VVidowes

A singular remedie for all deseases in  
the head of what cause soeuer.

**T**ake a handfull of Camomill, a handfull of Betonie, a handfull of Veruaine leaues cleane picked, Stampe them and seeth them in Ale wort, and when it hath sod, put therewinto a little Cummen seede finely beaten, with a little poulder of Hartes horne, three sponefulles of Vineger, the yelkes of two Egges, and a little Saffron, stirre them about, and lay a plaister hot ouer all his forehead. It is an approued medicin for the Megrime.

**C**hestwormes that are founde betwene the Barke of Trees, whiche will bee rounde like a Pease sodden in Dyle, it maketh a singuler oyntment for the Megrime: And the same Dyle dropped into the eare, swageith the paine.

An approued remedie for  
the Tothache.

**T**HE Rootes of Henbane sodden in Vineger and Rosewater, put the decoction

# Treasure.

In your mouth.

*A worthy Purgation to a  
uoid Choler.*

**T**ake halfe an vnce of Cassia newlly  
drawne, a dragine of good Rubarb  
infused a night in water of Endive,  
with a little Spicknarde, and an vnce of  
Syrrop of Violets: mire all the saied thin-  
ges with three unces of Pcsian or Whay,  
and drinke it warme.

*Against the vnkindly heate  
of the Liver.*

**T**ake a good handfull of Liverwort that  
groweth vpon the stones, and an other  
of Fumitorye, with as muche of Hartes  
tongue, and seeth them in Whay clarified,  
and drinke them every daie twise: Also  
seethe Barberies in Whay and drinke it.

**T**HE Liver of a Hare dyed and made in  
poulder, is approued for all deseales of  
the Liver.

Mithridates medicine against  
corrupt Ayres.

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## The VVidowes

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## The VVidowes

**T**Wentie leaues of Rew, two far Figges, two Walnuts, and a little salte: whosoever eateth of this composition, shall bee sure from all kinde of vermin that daie.

### To increase Milke in Womens Breastes.

**P**arsneppe Rootes and Fenell Rootes sodden in broth of Chickins, and afterwardes eaten with a little freshe Butter, maketh your milke encrease.

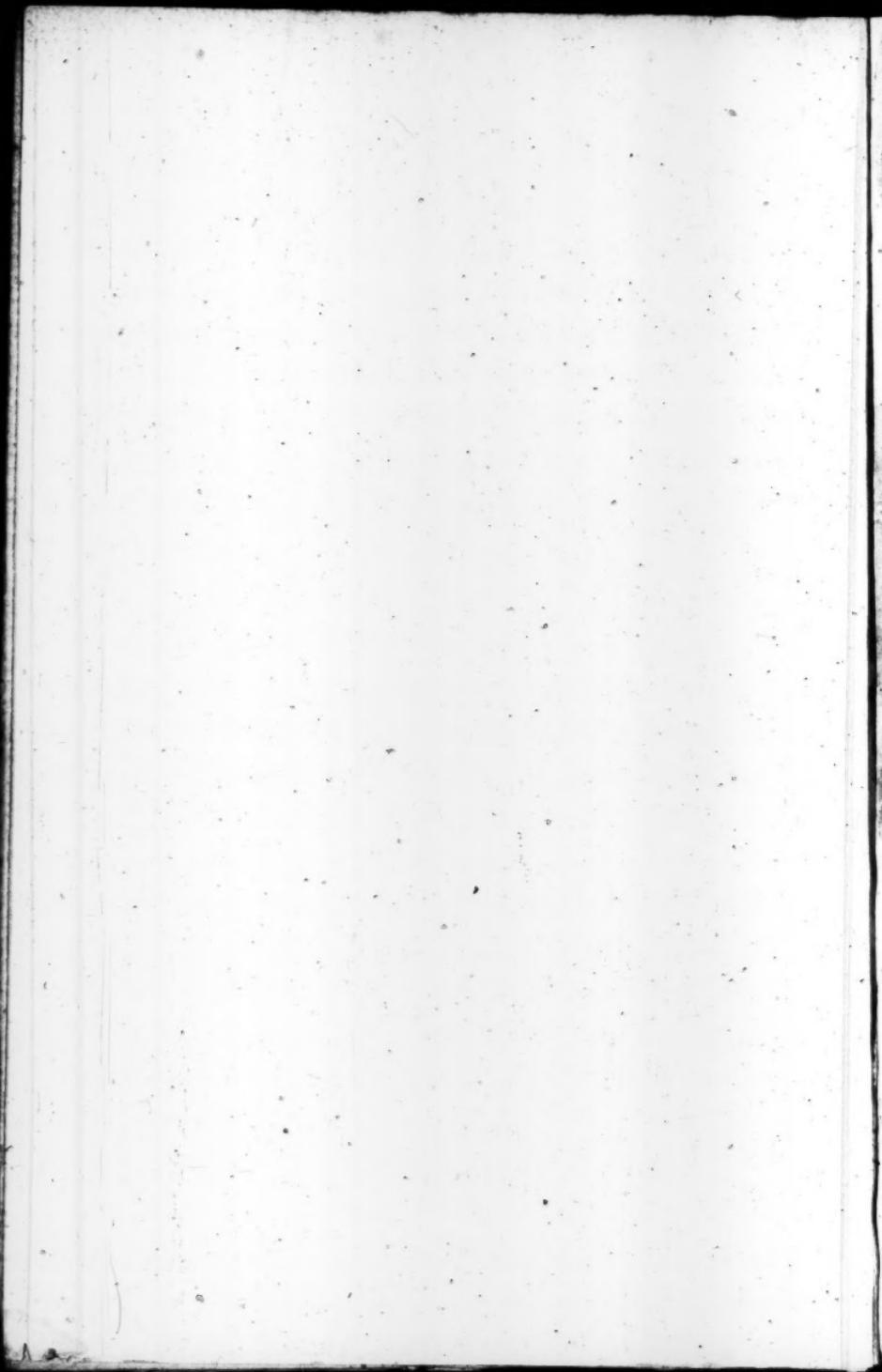
**R**ice sodden in Cow Milke with crummes of white Breade. Fenell seede in powder and a little Sugur, is exceeding good.

**C**hristall made in fine powder, and mixe it with as muche Fenel seede and Sugur, and vse to drinke it warine with a little Wine.

### An excellent Sope for Scabbes and Itche.

**T**Ake white Sope halfe a di. and steepe it in sufficient Rosewater, till it be wel soaked.





## Treasure.

baye Salte, and laie it to your wrettes.

For the Tooth ache.

Take Bytonie, Sage, and Allomie, seeth  
them in Vineger, and let it lye in your  
Tooth,

To keepe Venison freshed  
long tyme.

 Relle out the bloud cleane, and  
put it into an earthen pot, and fill  
it with clarified Honey two fin-  
gers abone the fleshe, and binde a leather  
cloase about the mouth that no ayre enter.

To keepe it from rottyng after  
it is new slaine.

 Duer it close from the Sunne or  
ayre with Fearn, and laie it in a  
colde place, then washe it cleane,  
and let it lye in water halfe a daie, and then  
laie it on the flowre to drye, then set the  
water and Salte together, and let it coote  
till it be leuke warme, and then washe the

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Veni-

## The VVidowes

Tension therein, and let it lye in that pickle  
three daies and three nightes, then take it  
out and pouder it with drie Salte, and  
barrell it and stoppe it fast.

### To keepe Peares,

PUT them in a vessell that thei touche  
not eche other, and make a bed of Pea-  
res, and au other of fine white Salte, and  
couer them close.

### To kill Lise.

MAKE a fire and put quicke siluer there-  
in, and hang the clothes ouer it in the  
smoke and no varmin will come in them.

### Against Drunkennesse.

D Rinke the iuyce of Marrowe fastyng,  
or els the Marrowe of Porke fastyng.

### To make Linnen Clothe or

Carne white.

TAKE a Herryng Barrell, and fill it full  
of Ale dreggges, and stoppe it fast, bat  
fir

## Treasure.

First you must haue a good dishfull of parched Beanes, and putt them in a Lumen bagge, and beeyngh hott, putt them to the Dregges till thei coole, and shut it fast the space of one quarter of an houre, then take a pound of Alstone ground to powder, and cast it therein, and let it lye so fower daies well closed, then washe it.

### To remedie the Feete that are sore with Trauaille.

Take Plantaine and stampe it well, and annoynt your feete with the iuyce thereof, and the greefe will swage.

### A notable experiment against the Phisike of the Lungen.

Take of the Pimpernell brought into very fine pouder twoo vnces, of newe Pimpernell water, and of Suger as much as shall suffice, making thereof an Eleuarie, of whiche take dayly two dragmes.

Parlis with crummes of bread applied in the stede of a plaister doeth heale the  
B.b. Shin.

The VVidowes

Shingles , but the decoction of the same  
dronke, doeth breake the Stone. Florenti.

**M**intes put into Milke , it neither  
suffereth the same to curde, nor to  
become thicke, insomuche that la-  
yed into curded Milke , this would hysping  
the same thynne againe, so that by the same  
vertue and propertie he saith to resist, & a-  
bate the generation aswell in man as wo-  
man. Florentinus.

*A good drinke for the Pestilence.*

**T**ake a Lilly roote and washe it cleane,  
and boyle it in white WINE till the one  
halfe be wasted, and then gine it the sicke to  
drinke, and he shall breake out full of blad-  
ders as if he were burnt or scalded, whiche  
of theselues will drye & ware hole. Pastor.

**C**hestnutes eaten with Honey fassypg,  
doe helpe a man of the Cough.

To make a perfect blacke Inke to  
write or lime withall.

**Cake**

## Treasure.

Take one pounde of Galles, one pound  
of Gumme Arabicke, of Utricoll an  
unce, bruse your Galles and Utricoll, and  
put them into a vessell fit for your purpose,  
fill it with white Wine, that al your stiffe  
maie be couered aboue a hand breth: Then  
set it in the Sonne and stirre it dailly.

## A very good Greene.

Take the iuyce of Rew, Verdegres, and  
Saffron, braye them, and when you  
will use it, mingle it with Gumme water.

## An other Greene.

Take greene Bize, steepe it alone in Cli-  
neger, then straine it through a Linnen  
cloth, and grinde it with a little Honey and  
Gumme water.

## An Emerald Greene.

Take Verdegres, Litarge, Quicke sil-  
uer brayed to pouder, and ground with  
the pisse of a young childe.

For

## The VVidowes

For to make a Couler like Golde.

Take an vnce of Drayment, one vnce of  
fine Chittall, bray them severally, and  
mingle with them the white of an Egge.

**T**ake Saffron dried beaten into pou-  
der, and put to it as much glistering  
Drayment that is scalie & not eryth,  
then with the Gall of a Hare or a Pyke,  
bray them together, put them in some violle  
vnder a Dunghill five daies, then take it  
out and keepe it, for it is the couler of golde.

*A notable receipt to make  
Hipocras.*



Take of Ginger two drachmes,  
of Sinnamon iij. of Cloues,  
Nutmegges, Galaga, of eche  
a quarter of an vnce , stampe  
them, and put them in a Bagge or Strat-  
ner, then take a pinte of þ best red or white  
Waine that you can get : or a pinte of good  
Mathesie, and mire them al together, then  
take a pounde of Suger stred, and having  
stamped it, put it into the other Wine, and

## Treasure.

So poore it vpon the Strainer wherethi you  
did put the saied Wine with Spises, then  
hauyng taken it out you must poore it ou  
againe, so often vntill it become as clere  
as it was before, stirring it someryme in  
the Strainer or Bagge, with this speciall  
note, that that is but to make a Flagon  
full: therefore as you wilshaue it in quan  
tite, take the more stoe of the saied chyn  
ges: You maie binde a little Muske in a  
fine linnen cloth at the ende of a Stratuer;  
so that all the substance maie runne ouer it;  
So that it shal haue the odo: of Muske.

## A very proper devise to make Lightes of an excellent sauer.

**T**ake two vnces of white Encence,  
of Camphire an vnce, beate it in  
pouder, & make thereof little round  
pellettes, addyng therunto some white  
Clare, then put them in a Platter full of  
sweete water, and fire the pellettes with a  
Candle, and you shal haue an excellens  
light and sweete sauer.

## To destroye Life.

Takē

## The VVidowes

TAke Frankensence beaten to powder,  
and a quantitie of Boxes Grease , and  
boyle them together in an earthen pamine,  
and here with auoynt the places where the  
Lise are.

### To make red Inke.

TAke two unces of Brasill , and a pinte  
of water, and put the Brasill into it, and  
let it remaine there sixe or seuen houres,  
then seeth it vntill the third parte be demis-  
nished, and it is an perfect Redde.

### Whether the wine be mingled with water or not.

TAke ripe Mulberies and put them in  
your Wine, if they swimme the Wine  
is pure , but if they sinke there is water  
mingled . Also a Peare cleane pared caus-  
eth the same effect.

### To heale lippes that are chape with winde or colde.

NEW CLARE, Masticke, and Frankens-  
ence , with Oyle of Roses , all this  
made

## Treasure.

Made in an oyntment, and therwith anoynt  
the chappes, and thei will heale presently.

## For kibed heeles.

Take Gumme Dragant and Galbanis,  
of eche a like, and make thereof a pou-  
der, then take Dre Tallowe, and a little  
Dyle of Violettes, and melt them on the  
fire, and therein put the saied pouders, and  
make heresf an oyntment, and here with  
dresse your heeles.

## For Scabbes in Children.

Oyle of Roses the weight of sixe pence  
in common Salte, and a little freshe  
Butter, stirred altogether vntill it become  
an oyntment healeth them.

## To destroye Crabblise.

A Shes laied in Dyle, or take of Aloes,  
Olibanum, and Ceruse, of eche fower  
vnces, beatyng them all into pouder, and  
mingled with Dyle of Roses, or freshe  
Barrowes grease.

An

## The VVidowes

An order to make Wormewood water  
of the best sorte as followeth,

TAke sixe gallons of old and strong Ale,  
and take a boyder full of Wormewood  
cleane picked and washed, the water well  
wring out of it, or shaken, halfe an vnce of  
large Mase, halfe an vnce of Cinamont,  
two vntes of Nutmegges, a quarter of a  
pounde of Anniseedes, and as muche Li-  
quorisc, and bruse all those Spices toge-  
ther, but not to small, and cut the Worme-  
wood betwixt your handes, and then set all  
these together in the pot, and still them as  
you still Aqua vita together, & so you shall  
haue two quartes of the best, besides the  
smaller or weaker.

To make a good Posset Curde.

FIrst take the Milke and seethe it on  
the fire, and before it seeth put in your  
Egges accordyng to the quantite of  
your Milke, but see that you Egges bee  
tempered with some of your Milke that  
standeth on the fire, and you must stirre it  
still untill it seethe, and beginnyng to rise,  
then

## Treasure.

Then take it from the fire, and haue your  
dyinke ready in a faire Basou ou a Chas-  
singdishe of coales, and put your Muske in  
to the Basou as it standeth, and couer it,  
and let it stande a while, then take it vp,  
and cast on Ginger and Sinnamon.

## A medicine for the Mother.

**T**ake Neppe Royall and stampē it,  
then take it, sponefulls of the same  
tuyce, & a sponefull of Sallet Oyle,  
and let it seeth awaie two partes, then bar-  
go that remaineth but the quantite of the  
Oyle onely, and anoynt the place where  
the Mother riseth.

## To make Sirrup of Roses or Flowers.

**F**irst haue a glasse with faire water,  
and make it warme in a pot of see-  
thyng water, and when your water  
in the glasse is warme, then put to it Rose  
leaues, and let it stande till it be colde, then  
wring out your Roses, and make the sole-  
laid water warme againe as before, and  
then

C.S.

## The VVidowes

Then put in other Roses, & so doe it dates,  
and then put in Ginger, and seethe it vntill  
it be Sirrup.

### To take awaie the Cough or Stirche.

 Take a pinte or a quarte of Malmesie, one handfull of Anniseede, one handfull of vnset Hissop, one Liquorishē sticke brused, halfe a dishē of sweete Butter, seethe all these thynges together till thei be chicke, and after spredde it vpon a toste of wheate bread, and lay them within a linnen cloath, as warme as you maie suffer it to your stomacke. But if you will take this for a Stirche, leauē out the Butter.

The head annoynted with the iuyce of Leekes, preserueþ the heare from falling.

### To make Iellie.

**F**OR a pottle of Iellie, take of Sina mon a quarter of a pound, of Ginger twoo vnces and vi. of Graines twoo peniworthē, of long Pepper twoo peniworthē,

## Treasure.

Woxthe, Cloues halfe an vnce, of Suger  
two poundes di. of Turnesoles two vnces  
and vi. and ten Nutmegges, looke that the  
Spise be good, and well made cleane, then  
take sice Calues feete, or an olde Cocke,  
and three quartes of Claret Wine, and a  
pinte of water, and let them boyle so long  
together, vntill you maie see the sod liquoy  
clamishe betweene your fingers, then take  
it from the fire and straine it through a  
Strainer, and so let it stanc e till it be cold,  
that the filth maie dissende to the botcome,  
and when you will finishe your Jellie, take  
the best of the saied liquoy and put into an  
other pot with the proportion of Spises,  
and boyle them together by the space of  
half an houre, and in the meane tyme, make  
cleane your Turnesole and dust it well,  
then take a ladle full of the saied liquoy and  
put your Turnesole in it, and when it is a  
little well sooked, then wryng out so oft as it  
shall be needefull, vntil your Jellie be faire  
coloured: Then take the whites of eight  
Egges, and beate them together a good  
while, and skimme of the froth, and a little  
before you shall thinke it tyme to drawe  
your Jellie, put the saied whites into the

C.ij.

Jellie

## The VVidowes

Tellie with thrie sponefulls of Vineger,  
and forthwith drawe your Tellie through  
a Wollen Bagge, and put in a branche of  
Rosemary in the ende of it, and so dilhe it.

## How to dresse Oringes.

**T**ake Dringes and shauie them with  
a knife, and quarter them like an  
Apple, and take out al the meate out  
of them, and lase them in water, and shif  
them twise a daie, ther when you thinke  
they be enough, take them out, then set ou  
faire water on the fire, then put your Orin  
ges in and parboyle them, then take them  
out and set their mouthes downewarde in  
a Flasket, that the water maie runne out,  
then set on faire water ouer the fire to par  
boyle them againe, and if they bee not well  
parboyled, boyle them againe till you may  
pinche them through, then take them out  
and put them in a faire cloth, and lase them  
in a Flasket that it maie draine out of the  
then take a gallon of runnyng water & put  
the into it, and at every fourre Dringes you  
must put in a pounde of Suger, and when  
you haue doen so: set it on the fire, but be  
foxe

## Treasure.

soe you set it on the fire, take an Egge and  
breake it, & take out the white of it and laie  
it in water, take your hand & beate it in the  
water, then set it on the fire, and let it burne  
clere vnder it, & looke that no smoke arise,  
and when it doth seeth, skimme of the top  
of it very cleane, then take it of the fire, and  
with a Strainer straine it into an other  
pot, then put in your Dringes, then make  
the fire good and temperate, so that it seeth  
not to fast, then you must take a spone and  
skimme of the some: so that you touche not  
the Dringes, & as the Sirrup doeth seeth,  
so with a spoone turne them, and alwaies  
laie the Sirrup vppon the Dringes, when  
thei haue sod halfe an houre take them out,  
and let your Sirrup seethe a good space,  
then take some of the Sirrup and coole it,  
and if you see it any thyng stiffe, then put  
the Dringes into it againe.

## To preferue Damsons.



Ake a Glasse that hath a wide  
mouth, and strawe some Su-  
ger in the bottome, then laie a  
rowe of Damsons and a rowe  
C.iiij. of

## The VVidawes

of Suger, thus doe till your glasse bee al-  
most full, then put to it Rosewater and a  
fewe Cloues and a little Sinamom, then  
stoppe your glasse with pastie : then hane a  
pot with hot water readie on the fire, and  
put some haye in the bottome of the pot for  
sauyng the glasse from breakyng, and let  
not your pot boyle to fast, then take vp the  
glasse and liche whether your Suger bee  
consumed, and in the meane space make  
readie your Sirrup, then when it is could  
put in your Damsons. The Sirrup must  
bee made of Suger, and Wine, Rosewa-  
ter, and whole Sinamom, or halfe faire  
water: prouide that the glasse must boyle  
till the Suger be consumed.

## To make drie Peares.

**T**ake faire water and Rosewater ac-  
cording to the quantitie of your Pea-  
res, then take Honey as muche as  
you thinke good and put in your Peares,  
then let them seethe very softly that they  
breake not, then take them out and put  
them in a Collander, and let them draine,  
then when you drawe your bread put them  
into

## Treasure.

into the Duen in some earthen panne, and if thei be not drye at the first, put them in againe vncill thei be drye, then barrell them.

## For the shaking of the hande.

**W**ash your handes in the water that is in a lauoy, and put there in some Sage, let your handes drye of them selues without wyping.

## To staie the bloudie Flixē.

**T**ake and cut out a peece of a peece of Beefe of a newe killed Ox aboute the Brisket, & eate it rawe, and this helpeth it.

## To restore the Bloud againe.

**T**ake halfe a pinte of Muskadell, and a penywyrth of Sallet oyle, and put the together and drinke it in the mornynge, and walke an houre after.

## For runnyng of the Raines.

**T**ake Hellitory of the wall a good handfull, wilde Tyme and Marsslie, boyle C. iiiij. them

## The Vidores

them in a quartie of strōg Ale until it come  
to a pinte, and drinke thereof morning and  
evening nine or ten daies halfe a pinte at a  
tyme, and warme it.

### For the Agewe.

**T**ake a handfull of Smalledge, and  
a handfull of Bay salte, and a hand-  
full of white Frankensence, and sixe  
Plantaine leaues, beate all these finely in a  
Morter, then deuide them into fower par-  
tes, and lase two partes to your wretches,  
and other two partes to the bought of your  
armes. An houre before your fit come, you  
must haue a pinte of Ale sodde to the halfe,  
and when it riseth skymme it, then put in a  
white bread crust, and let it seethe with the  
Ale, and when your Agewe beginneth to  
come drinke it, and eare the crust of bread.

### A drinke for the Agewe.

**T**ake Bay leaues and Sage leaues,  
and seethe them in white Wine, af-  
ter straine the Wine from the lea-  
ues, then take Bay berries and bruse them  
some-

## 2 Treasure.

Somewhat grossly & put them in the Wine,  
and a little before your siccometh drinke it.

### A medicine for the wormes in a Childes belly, or any othe.

**T**ake a pounde of Haye Butter and clarifie it in þ Sunne, then take two poundes of Wormewood stamped, and then waie it after it be stamped: The Wormewood must bee gathered greene, then mingle them together with your handes after thei be put together, and set them in the Sunne nine daies in a pot of glasse, and let it boyle an houre and a halfe, then straine it, so put it vp in a Gally pot or in a double glasse, and alwaies at the full of the Moone annoynt the belly of the partie against the fire, and at no tyme els, and the medicine made in Daye.

### A medicine for to get the Beetelwiggis out of a mans Eare.

**T**ake Herbgrace, stamp it and straine it with Aqua Composito, and put the syrpe into the Eare that is pained, after lie  
**C.v.** **douus**

The VVidowes

downe on that side , and binde a cloth fast a-  
bouthead, and it will come out.

For a Legge that is swolne  
With a fall.

Take Hemlockes , and heate them hot  
bewene Tydes, and laie them to it, and  
it will aswage the paine.

For a Wenne when it beginneth.

Take an olde Ladle and holde it against  
the fire butill it doeth frie, & anoyne the  
Wenne with that that frieth out of the La-  
dell three or four tymes in a daie , and it  
will helpe it.

For the Collickē.

Take a quarte of white Wine and make  
a Posset, then take the Posset Ale and  
put therein a handful of Mother of Tyme,  
and a handfull of yong Parslie, and seeth it  
in the Posset Ale, & take halfe a penywyrth  
of long Pepper and put in the Posset, and  
gine it the Pacient to drinke.

Fox

## Treasure.

For the Canker in the mouthe or throte,  
or to washe your teeth that be hol-  
lowe and stinketh.

Take a quantitie of redd Sage, and riss  
coppes of Rosemarie, and Honeyloc-  
cles, and wilde Dasies , and Sinkefoyll,  
boyle them all in a pinte of faire water till  
it be sodden the halfe pinte, and then take a  
little Roche Allome and burne it to pow-  
der, and then take halfe a sponefull of Ho-  
ney , then put them into a faire cloath and  
straine it , and when it is could put it into  
Nicke glasses.

## For the Gowte.

Take Camomill, Balme, Hollishockes,  
Lettis, Mallowes, Grounsell, Chick-  
weede , of eche a handfull, boyle them in  
faire water till it bee tender , then take a  
quantitie of greate Oymeale and beate it  
small , then put it into those Herbes that  
you haue boyled with twoo sponefulls of  
Capons grease, and then boyle them alto-  
gether untill it bee so thicke as it maie bee  
spredde vpon a cloath, and as you ses the it,

stirre

## The VVidowes

Misce it that it burne not too , then hecynge  
sodde spredde it on a cloth, that it maie bee  
laid to the greeued place as hot as maie  
be, and it shall helpe in twise dreslyng.

**I**ff you haue any paine in the sole of your  
foote, take halfe a dozen of the leaues of  
ground Iuice, and prick the and wraphpe  
them to the sole of your foote, and so conti-  
nue vntill you finde ease.

## To pferne Quinces.

**F**irst pare your Quinces and core the  
then take to every pound of Quinces,  
a pinte of Rosewater and a pounde of  
Suger, then take the Rosewater and Su-  
ger, boyle them together with some of the  
cores of the Quinces, then clarifie the Li-  
quor with the whites of Egges, and set it  
uer the fire againe , and when it seetheþ  
put in the Quinces , and cast in a sticke or  
two of Sianamom, and if thei cast not cou-  
ler quickly, couer them and let it seethe vntill  
you maie put a Rushe through them,  
then let it stande vntill it bee cold , and so  
set it by.

Marme.

# Treasures

## Marmalade of Quinces

**T**AKE your Quinces and core them, and pare them, then put to them so muche water as shal suffice to boyle them so tender that thei maie bee strained when thei bee sodden, put out as muche of the liquor as you leau when that you haue sufficient to straine it, and let it stand vntill the next day morning, then measure with a pounde dishe how many poundes of substance you haue, then take to every eight pounde of Quinces sylfe pound of Suger, then put it to the liquor that you kept before that your Quinces were first sodden in, and then set it on the fire and let it seethe a while, and clarifie wlich white of Egges, then straine the saied liquor and put it to the substance of the Quinces afoxe saied; and so set it on the fire, and let it boyle vntill it haue a faire couler, that it may cut at the sides of a dishe, then put it into Bores. If you will put in any Muske, take Rosewater a Saucer, and put in your Muske, and when you haue taken your Marmelade from the fire, immediatly put in the same Rosewater and Muske, and stoye it toges-  
ther.

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ther and boxe it.

*A Borage Tarte or Spinage.*

P Arboyle your Spinage, then stampe it  
and straine it with half a dozen yelkes of  
Egges, season it as your Creamie Tarte,

*A medicine for the Plague.*

**W**hen you suspect your self to bee  
infected, goe to bedd, and cause  
a pinte of Malmesie to be put in  
a pot, and halfe a peniwoxthe of Graines  
beaten small to put in the same pot, boyle  
them together, drinke thereof as hott as  
you can and sweate.

*A whiae for Itche or brea-  
king out.*

**C**larifie Whiae with the leaues of  
Succorie, Endive, Borage or eche-  
an vnce of Fumitory flowers, of  
Hoppes an vnce, one Fennell and Succor-  
rie roote byused, of great Raisons an vnce.  
let these bee clarified with a quantitie of  
Whiae,

## Treasure.

Whale, drinke thereof every morwyng a draught warne fyue or sixe morwynges, then take a handful of Sene sodden in a pot closely stopped from a pinte to a quarter of a pinte, with a fewe Anniseedes brused, then straine it and drinke it in the morwyng fastyng, and by and by a little Alebury and some thyme broch.

## Against the Fellon and Vncomes.

**T**ake an vnce of Sage, of Rewe the weight of the Sage in Sengreene, washe these together and shake out the water, drye them cleane with a cloath, and choppe them very small, then take so-  
wer Leuen the bignesse of a Tennis ball, blacke Rose a sponefull, two sponefulls of Tarre, stampe it in a woodden dish with a pestell of Wood, late the same morwyng and evenyng vntil an inch chiche.

**S**irrop of Fumetorie, openech and ta-  
keth awaie all obstructions of the Li-  
uer and Stomacke, and fortifieth all  
the members, it cureth all the sores about  
the inwarde partes, whiche come of salte  
and

The VVidowes

and burnt water, as Drabbes, Leyper, and  
Frenche Rose.

Sirrop of Rosa Solis good for Scwmyng  
or any other disease in the  
Stomacke.

Take a quarte of the best Aquacompo-  
sita, Aqua vitæ a quartie, a quantitie of  
the Roses of Solis cleane picked, & some-  
what dyed in the Sunne, put all these in a  
glasse, set it in the Sunne fourte or five da-  
pes, then take di. 3. of easle Ginger, di. 3. of  
Nutmegges, di. 3. of Cloues, white Pep-  
per, of Graines, Anniseedes, Coliander  
seed, An. a quarter of an vnce of Sene, a  
sticke of Licoris, viii. cornes of long Pep-  
per, di. 3. of Sinaamon, then put all these  
Spiles beeving well chosen, finely tried,  
some what brused, into the pot, then take a  
quarter of a pounde of redd Coxans, di. a  
quarter of a pounde of Dates, a quarter of  
a pounde of Raisens of the Sunne, eight  
figges of Algaray, viii. graines of Muske,  
as muche of Ambergrise, white and redd  
Corall, An. of Pearles 3; all these infu-  
led together in the saied liquor, and set in  
the

## Treasure.

the Sunne forte daies ; and closely cou-  
ter that no ape thare come vnto it.

### Aqua Rosa Solis.

Take a pinte of Aqua vite , a gallon of  
the floweres of Rosa Solis wel picked,  
a peice of Angell golde, of Rosemary flo-  
wers, or the hearde it self , and a quanticie  
of fine Suger , stille them in a Scillatour,  
and keepe the water close, and occupie it by  
a sponefull at once.

### To make fine Cakes.

Take a quanticie of fine wheate flower,  
and put it in an earthen pot, stoppe it  
cloase, and set it in an Ouen, and bake it as  
long as you would a Pastrie of Nauisou,  
and when it is baken it will be ful of clods,  
then serfe your flower through a fine Ser-  
fer , then take clouted Creame or sweete  
Butter, but Creame is best, then take Su-  
ger, Cloues, Mace, Saffron, and yelkes  
of Egges, so muche as wil seeme to season  
your flower , then put these thynges into  
the Creame, temper all together, then put  
thereto

## The VVidowes

thereto your flower so make your Cakes,  
the paste wilbe very shorte, therfore make  
them very little, late paper vnder them.

### For to make an excellent Pomamber.

**T**ake of Storax Calamita 3 p. of Benge-  
win twoo vntes, of Labdanum 3 p. of  
Cloues, white Sauunders, of eche threee  
Dragine, Margerum two dragine, mix-  
gle with these pouders Pulke and Anis-  
bergrisse, of eche a scruple: make your bals  
with the infusion of Rosewater and Ci-  
uer in a Myster somewhat warme.

*A precious ointment for all  
maner of Aches.*

**T**ake a pounde wch hilt of Sage, almytch  
of Rewe, halfe a pounde of Worm-  
wood, and almytch of tropes of Bayes,  
and beate them very small in a Morter,  
then take two pounde and a halfe of Shee-  
pes Tallowe, and temper it with the heat-  
hes that be beaten, and beate them againe  
together new, & then put them in a panne,  
and set them vpon hot Embets, and put  
thereto

## *Teasfured.*

Hereto a pottle of Oyle de Olife, and let it  
stande vppon the hot Ember s two houres  
and a halfe at the least, then straine it through  
a course cloath; and put it in a earthen pot  
and so occupie it. This would be made in  
Maie or in June.

## *For the Canker in the mouth.*

**T**ake white Vineger a quantite, with as  
muche Honey; and then set them on the  
fire to boyle, with a little Allom; and walhe  
your mouth ther with as oft as shall neede.

**T**ake the iuyce of Plantaine, and Vine-  
ger and water of Rose s, and walhe  
your mouth;

**T**ake the iuyce of Woodbin, & the iuyce  
of Solsequē that is Marigoldes, and  
Honey, and powder of Capell, and powder  
of Capporos, & the powder of wild Sage,  
brent and medled altogether, and laie it  
thereon where the Canker is, and it shall  
drie it. But to slaye the Canker, take a red  
Onyon and laie thereon.

Dij.

Carduus

## The VVidowes

**C**arduus eaten or dranke in pouder p<sup>r</sup>uoketh Sweates.

**A** House rosted and giuen Children to  
eate, remedieith pissing a bedd.

*A precious drinke for the  
Pestilence; approued.*

**T**ake Fetherfewe, Matfalon, Mog-  
worts, Solerue, Scabious and Mal-  
lowes, washe them, and stampē them: and  
temper them with Ale, and giue the Sick  
to drinke sixe sponfull at once, if he haue it  
beyomes; it will destroile the corruption,  
and sauie the sick patient.

*A singular medicine to resist  
the Pestilence.*

**T**ake pouder of Saffron ten graines,  
Walnuttes twentie graines, Figgis  
3. ii. and sixe Sage leaues stamped toge-  
ther with 3. i. of Pimpenell water, and iii.  
graines of Mithridatum, keepe this in a  
close glasse, and eate thereof in the mor-  
ning twelue graine, and this will defend  
the

## Treasure.

the receiver from the Pestilence.

**T**HE greate garden Docke drunke in  
wine, purgeth ffeume, Cholour, and  
water downwardes.

*The vertue of Motherwort.*

**I**T groweth by the high waies and stro-  
nie walles, bushyng with many stalkes  
leaued like a Nettle, but more ragged, and  
towardes the bottome like Crowfoote. It  
is of wonderfull force againste any sick-  
nesse of the harte: whereof the cheef name  
is derived, it helpeth Cramps and Palsies  
it killeth Wormes in the bodie, it clenseth  
the brest from ffeume, it doeth open cold  
obstructions, it pronokes Urine. It quencheth  
Womens flowers, the iuyce drunke of the  
herbe in decoction, and a Spoufull of the  
pouder of this herbe giuen in wine, hel-  
peth the harde labours of women.

*An excellent medicine against Im-  
pummes, Plurisie, Coughes, and all  
diseases in the Breast.*

**T**AKE a handfull of Scabious the herbe  
dried, of Liquorice cutt small an vnce,  
D.iiij. Swelue

## The VVidawes

twelue Figges, Fentil seede an vnce, Anseede as muche, Cris halle an vnce, lyps these in water or white wine a night, the next daie boyle them till it be consumed to the third part, then sweteen it with Suger.

### A medicen for the Collick.

**T**ake Otes and bren them in a pan, as ye doe parched Peason, and as hote as ye maye suffer it, laye them to the Mauell in a Linnen clothe.

### For the same.

**T**ake a faire Slate stone, and make it therende in the fire, and then take it ouer, and let it coole till the rednesse bee passed, and then take a halfpenniworth of Saffron, and laye it vpon the stone, and turne it thicher and bether, vntill it be tourned almoste to poulder, and take a Sponfull of Malme sie, and put the Saffron therewerto and so drinke, it will sone passe awaie.

### A present remedie agaist the Plague.

**T**ake

## Treasure.

Take a grete redde Onyon, and make  
a hole in the middes, and put a spone  
full of Triacle, rost hym in the fire, take a  
spoonfull of Vineger, a sponfull of Agre  
composita: bruse them altogether, straine  
them through a cloth and give it to drinke.

## For the Cough.

Take thre Figgis and roste them, and  
put them in a cuppe of Bere, and a lie-  
tle Liquoice, and Anniseedes beaten, then  
let it stand by the fire till it be warme, then  
take out the figges and eate them, then  
pricke up the drinke and go to bed warme,  
and in iiiij. nightes it breaketh the Cough.

## To delacie Hete.

Take of Vineger oue parte, fine Suger  
two partes, runnyng water fourte  
partes, boyle them altogether to the one halfe  
or more, and when you shal occupie it, take  
a sponefull and a halfe of the saied Sirrop,  
and eight or nine spoonfulles of Barly wa-  
ter drinke it,

## To breake Fleyme.

D. iiii. Take

## The VVidawes

Take a quarte of Muskadell, a pinte of  
Wissop water, three good Raisons, of  
casses Ginger, and as muche of Liquoyce  
cleane pared, then take two peniworth of  
Sugercandie brused, put all these in a  
glasse, shake them together, couer your  
glasse fourre and twentie houres, drinke  
thereof mornyng and euening.

## A Preperative before you purge

### the Stomacke

Take vene three unces, of Rockpody  
three unces, of Aniseedes three unces,  
seethe all these in a quarte of water to a  
pinte, and straine the throught a faire cloth,  
put in Saiger to make them pleasant.

## To purge the Stomacke

Take a handfull of Mercurie, as muche  
of yong Mallowes, an vnce of Seng,  
three sponefulls of Anniseedes, put them  
in a pinte of white Wine and as much Ale  
all night, the next day seeth them together  
till halfe bee consumed, then drinke a good  
draught thereof in the mornyng, sleepe up-

Treasure. IV.

gout.

An excellent Purger from all partes  
of the Bodie.

Take an ure or two of perfect Tur-  
pentine of the cheffest, thruse it and di-  
solue it in a Morter with a Pestell, with  
halfe the yelke of an Egge, put thereto thre  
vinces of Smalledge water, beate them  
together till it be like Milke, and suppe it  
by, but first wash your Turpentine in Fe-  
uell water.

To make the heare of the Beard  
to growe.

Take Canie Rootes, Brytonie Rootes,  
Becces, Radishe, Flower de Luce D-  
nyons, of eche a like: the quantitie of soure  
vinces, six fat Figgies brused and stamped  
very small, Maidenhere, Sothernewood,  
Dill, of eche a handfull, seethe all these in  
good Wine, then wryng out the liquor and  
Straine it through a Strainer, then put to  
it freshe Butter never salted, pure Honey  
two vnces, Oyle of Almondes sweete and  
sower, Oyle of Sesamia an vnce, Orinell,  
D.v. Squillicke,

## The Kwidowes

Squillike halse an vnce , the powder of  
Meale , Nigella , Fenegreeke well sifted  
and throughly houlced in a Bouler , one  
handfull of Grasse , Labdanum an vnce : set  
tyselvpon the fire and stirre them well till  
it be thicke . This Linament beyng applied  
to the Chimie and Cheeckes will become  
heare : The bodie first purged from all filth  
inwardly , proued by experiance .

**O**yle of Mirrhe healeth all Ribes , Bur-  
nynges , Pimples , Cliftes , about the  
Fundament ,

**O**yle of Tartar mingled with Cam-  
phire , the face beyng therewith anop-  
ted , it maketh it faire and smoothe .

For a cut or sore Bruse .

**T**Ake Rootes of Louage , Alhose , Mar-  
selie Ana. 3 . beate them in a Morter  
very fine , then take Barrowes Grease and  
boyle them together , then straine forth the  
Juyce ; then take as muche unwright  
Clayre as a Walnut , half as much Rose  
and let them boyle together : and after you  
haue thus doen , let it passe through a stra-  
ner .

## Treasure.

verinto a little pannie of water, then let it  
stande vntill it bee cold, then labour it in  
your handes vntill it bee somewhat shorte,  
and then wrappe it in a peece of Leather,  
and so yse it,

## For a weake Backe.

**T**ake sixe croppes of redd Neppe, twoo  
sponefulls of Archangell flowers, and  
shredde them fine, and take two newe laid  
Egges and stirre it together, make three  
or fourre Fritters with a morsell of sweete  
Butter, frie them in a little earthen panne,  
and let them bee eaten without bread or  
salte, but with fine Sugur.

## The Plaister for the Backe.

**T**ake white Archangel flowers and leaues,  
Cumphieys leaues and rootes i. 3.  
Plantaine and Burfa Pastoris Ana. i. 3. beaten  
very fine, and put to them a sponefull  
of Honey, and frie them in a frysing pannie,  
and dewide it into fourre partes, and make  
of eucry parte a plaister, and so lase it to the  
pacients backe every night a plaister.

Plaister

## The VVidowes

Maister Roses medicine against the  
Stone, and to cause one make  
water.

Take a new laid Egge, and in the grete  
ende therest make a hole, and take out  
the yelke and white of it, and laie the hole  
of the same Egge dounewards upon a hot  
Brickestone vntill it be purged, so that you  
maye make pouder thereof, then take it and  
drinke it with white Wine first in the mor-  
ning, and last in the euening and it helpes.

For the heate in the Raines, and to auoyd  
the blistryng of the mouth.

Take Liverwort, Soxrell, Succorie,  
Balme, Ana.i.ʒ. and seethe these in a  
quarte of Whale well clarified halfe an  
houre, and drinke thereof every morning  
a good draught of halfe a pinte at once.

For one that is deaffe.

Take sweete Sallet Dyle half a pound,  
adde to it Wormewood, Soxrell, An-  
iseedes, Perwinkle, Ana.di.ʒ. and drye all  
this

## Treasure.

This to pouder: Take pouder of olde Rose  
ses, an unce of Colloquintida beyng bo-  
led in Oyle a good while, then straine it  
through a cloth a good while, and put here-  
of three droppes into the eares of the par-  
tie that is greeued beyng warnie, and vse  
this every daie twise: this hath bin proued,

## Against the Pyles.

Take a greate bluer Ele, flea him, draw  
hyrn, and let hyrn louthe no water nor  
salte, cut him in gobbittes and rost hym: the  
first droppynge beyng cast out: take the next  
droppynge, and with a fine Linnewe cloth be-  
yng dipped in it, the droppynge of the Ele  
beyng heare, and so with the cloath soke it  
upon the places greeued: this will helpe be-  
thi neuer so soxe.

## For the passion of the Harte.

Take redde Rose leaues, the powder of  
Saffron, the Oyle of Mace, and melt  
them together, quylt the same in a little  
thyme Silke, and drawe it ouer with a lic-  
kle thyme Cluet, and apply it to the regione

## The KIdowes

of the harte. *þ* And a radish of eight  
yed yewes. **For the Leuen.** Take  
twelve of the leuen. *þ* When you haue  
take twelue of the pele west Dock roo-  
nes, scrape them as you will scrape  
Ranunculus, cut them small and stamp  
them very fine, set them ouer a Chafing  
dishe of coales, and put therein halfe a dishe  
of swete Butter, and let them boyle toge-  
ther till your Roote be readie to straine,  
and when they bee throughly boyled straine  
them, and when you haue so doen put them  
to a sponefull of Brimstone beaten to pou-  
der, then stirre them both together, and set  
them in a cold place and it will be a salve,  
and so let the Pacient anoynt his boodie be-  
fore the fire, and let it sake into the skinne,  
use it morning and evenyng.

## For a Fellon.

**T**ake Leuen very sowre, and crumme it  
into a little papkin, then take a quarter  
of a peny dishe of Butter, and four spone-  
fulls of Rose Clineger leuens and all, and  
so boyle all together, and late it to the place  
as hot as may be this is provied.

# Treasure.

To destroye an Impostume.

**S**Take the Rootes of Hollshocke and  
washe it very pure, seeth it till it be  
tender, then putt that water that you  
fodde it into a cleane vessell, then take Lin-  
seed, of enegreeke of eche the like quan-  
tie, and looke what you have as muche of  
them bothe as of the Roote, then seeth it in  
the same water whilte it doth rope as Bird-  
lime, then stampe the Roote, and putt thereto  
Barly Meale, then mingle all together  
and strie them with Bores Grease, and lay  
in to the soore plastrer wise.

For the Rewme and Cough of  
the Lungen.

TAKE yong Elicampans rootes a pound,  
of Setrach, of Maidenherbs Ana. i. 3. all  
being newe gathered or scrape the Elicampan-  
nes rootes and cut it into small slices, seeche  
them all together into ffeue pintes of run-  
nyng water till they come to a pinte and a  
halfe; then straine them, and putt thereto fine  
Sugger thre quarters of a pounde, ther  
boyle it till it come unto thre quarters of

## The VVidowes

a pinte, then take two yelkes of newe laid  
Egges and beate them, and let them boyle  
together while you make saue Psal. Mis-  
tere, and take heredes at night a sponefull,  
and an other in the moring; lying on their  
backes an houre after they haue receaved it,  
and in fourre daies keepping them warme;  
It will ridde the greatest Cough that is;

For a Canker or desease of the iugle

Gummis or Throse.

**T**ake a handfale of Plantaine, a hand-  
full of Honysuckles, an vnce of Das-  
sie leaues, halfe a handfull of Sage,  
a quartre of runnyng water: these thynges  
beeyng boyled therelin vntill it come to a  
pinte, then straine them and put therein  
foure sponefulls of sharpe Vineger, foure  
sponefulls of stote Honey, also vich Roch  
Allome as a Walunche: This is provied to  
heale a Canker.

**A Gargell for a furred mouth.**  
**T**ake Barly water, Strawberie leaues,  
and Windesoyl, Anise, a sticke of Lettuce,

## Treasure.

quoyte, di. pinte of white Vineger ; let ic  
runne through a twofolde Linnen cloth : it  
is good for a furred mouth or thole.

## To heale the Canker vpon the Yeard.

**T**ake an vnce of Roche Allome, and halfe  
an vnce of Verdegres, with Smithes  
water, and put all in some vessell of glasse,  
and seethe it two houres, straine it and vse  
it as you thinke good.

**P**illule Aliphange, helpeth the stinkynge  
of the mouth, being taken every daie,  
mipped betwixt your teeth.

## For a Stitch or winde Collickē.

**T**ake Capillus Veneris, Parissie rootes,  
Fennell rootes, of eche a quarter of an  
unce, buse these Hearbes and drinke the  
juice with white Wine.

## Heare to growē.

**A**Cornes burnt and mixt with Beares  
grease.

**G**Against Spottes and Pimples  
in the Face.

E. J. Riggella

## The VVidowes

**N**iella brayed and mixed with flowre  
and Honey, and make therof an oynt-  
ment, and aloynt herewith the spottes at  
night, and in the morning wash them with  
Parslie water.

*For a hot burning in the Stomacke gro-  
wen of Choler, whiche causeth  
the Feuer.*

**T**ake Borage, Mallowes, Fumitory,  
Violet leaues, Beetes, great Raisenys  
the stones taken out, Drumes, Polipody,  
with a little Dill: seethe these in Pottage  
and eate hereof.

*For a fawflem Face.*

**T**ake the iuyce of Houslike, and the iuyce  
of Tansie, and seethe them in a pinte of  
white Wine to halfe a pinte, and when it  
is colde, lase it to the face with a Flaxen  
cloth dipped in the same, and so let it lye all  
night, and when it is drie, then you maie  
wet it so often as you list.

*For an ache.*

**Take**

## Treasure.

**T**ake osle de Baie, and *Aqua vita* a sponfull, and mixe them together, and smoint it.

*For heate in the face.*

**T**ake a pounde of Almondes, a pinte of warme water, straine them, then put thereto halfe an vnce of white Campher, a pint of white wine, beate them together, and straine it with a pinte of Mergieraine water, and putte it in a glasse, and washe therewith.

*For the same.*

**T**ake Vineger halfe a pinc, Deres suet as muche as you can holde in your hande, Brimstone so muche as will goe into an Egge: beying finely brused, seeth them altogether, till thei bee almosste drie, beying made in a ball, take a little thereof, and put it into a saucer, and melt it with a fewe coles; then take a fine clothe and dipp therein, and rubbe softly the place where the corruption is, vntill it be taken awaie.

If this helpe not within a moneth, then drinke euery mornyng a cuppe of Beare,

E.I.S.      put

## The VVidowes

putte into it fine Englishe Madder, finely  
picked, brused, and searled, and drinke it.

*For the same.*

**T**ake Capons grease, melt it and strain  
it through a clothe, and let it stande to  
coole a quarter of an hower, then putte in  
Brimstone finely brused, and mingle it  
with the Capons grease, and annointe the  
face therewith when you goe to bed, where  
the pimples be or rednesse, and in the mor-  
ning washe it with Rose water luke  
warme: Remember you picke not your  
Nose, if you will haue it stronger, putte in  
Ginger finely beaten: a peniworth of eche  
will serue, but of Capons grease ij.d.

*To remet vp Cholour.*

**T**ake sixe Docke rootes cleane washed  
and the pithe taken out, a fewe toppes  
of redde Mintes, and a little Wormwood  
beyng steeped in a quarte of Ale, or white  
wine all night, and drinke thereof halfe a  
pinte at one drafte: It is good to cleane the  
bodie in all partes, as before is saied, per-  
haps with a stroole or twoo, this is appro-

*med.*

## Treasure.

ued, beying taken betweene Marche and  
June.

*For a Fellow.*

**T**ake twelue Snales in the garden, and  
beate them shelles and all, vntill that it  
come to a salue, and applie it, and when it  
waxeth drye, take freshe still, and it will kill  
heale, and drawe.

*To stoppe the whites in women.*

**P**onigranet flowers, the kernelles of  
pine apples brused together, with  
twoo or three braunches of S. Thons  
worte, beying boyled in a quart of red wine  
from a quart to pint and a halfe: and drinke  
mornynge and euening,

*For the stuffyng of the Lightes  
and Lungen.*

**T**ake *Artemisia*, *Ephemum*, redde  
Sage, Rosemarie toppes, redde Fe-  
nell of eche a handfull, a Galingale roote,  
halfe. ȝ. of greene Ginger, halfe ȝ. of *Ma-  
nus Christi*: a sticke of Liquorice, seethe it  
from a quarte to a pinte.

E. iii.

For

## *The VVidawes*

*For the heate in the backe,  
approued.D.Huick.*

**T**ake the water of Plantine distilled, or  
the iuice thereof, put to the leaues, the  
leaues of redd Roses distilled, and the wa-  
ter of redde Roses, and the water of redde  
Rose Vineger, then put all these together  
in an yearthen pot, and put into the water  
a linnen clothe, and let the same steepe there  
then after a while take it out , and with a  
fewe leaues of a redde Rose cake, laie it to  
the backe, and when it waxeth hote, vse an  
other clothe dipped threin.

*To drie vp the Reume.*

**T**ake Nutmegges, Cloues and Mace  
beaten to pauder, with the powder of  
Rosemarie : boile these together in sweete  
Sallet oyle, vntill it bee somewhat thicke,  
spread it vpon a clothe , and laie it to the  
croune of the heade : This is approued to  
helpe it.

*To keepe the eyes cleare, coole, and from  
rednesse, and to kill the Itche.*

**Take**

## Treasure.

**T**ake of planten twoo handfull, Hous leeke one handfull, stampe them and straine them, and lette it settle, then powre out the cleare iuice frō the drosse, put there so halfe as muche redde Rose water, and a quarter of a sponfull of white Suger candie in powder, the take lapis Caluminaris a peece as bigge as your thumbe, and flake it twelue tymes in the same water, and hereof put fower droppes Morning and euening, lyng vpō your backe. Approued.

### Against Collicke and Stone in maner of a plaster.

**T**ake Parsley and Smalage, ~~ana~~, two sponfull of Capons grease, put this in an earthen vessell, puttynge the one sponefull in the bottome, and the other in the top, vpon the herbes, set these on the embers to boile from Morne to Night, then stampe them and straine them, and spread the ointment vpon a liuen clothe, and laye it hote to the nauell, and bottome of the bellie.

### A Clister to bee giuen to a child, or woman in chidbedde.

**E. iiiij.**      **Take**

## The VVidowes

**T**ake a pint of newe Wilke, three bnces  
of redde Suger candied, boile your  
Wilke well, then take it of, and let it stande  
till it bee no warmer then you can abide it  
on your checke, and with a Clister pipe put  
it vp.

### A Clister

**T**ake a Hen pullet, drawe it very cleane  
and breake all the bones thereof, then  
seeth it with a quarte of licour, vntill that it  
come to a pinte, then take a handfull of  
Spinage, one handfull of Marche Mallo-  
wes, or other Hallowes, and a handfull of  
Violet leaues, seeth these hearbes in the li-  
cour of the pullet verie well, with as muche  
salt as will season an Egge, then put there-  
to a Saucerfull of pure Sallet Oile, and  
warne it.

### To breake the Stone.

**T**ake a Cocke of a yere olde, and open  
him, and you shall finde in his Hawe  
small white stones, take them and beate  
them in a brasen Morter verie fine, and put  
it in good white wine, and drinke it, and it  
will breake the Stone,

Against

# Treasure.

## Against tooth ache,

**T**ake a little burnt roche Aloine, and in the burning put a little fine Lint into it, and put it into your teethe that is hollow this will ease the paine,

## A medicine to strengthen the backe.

**T**ake a quarte of good Ale, three or four whole Maces, and as many Dates, the stones taken out , and pithe also, then take the topes of Rosemarie a good handfull, and boile all together, frō a quart to a pinte, then take the oile of twoo or thre newe layed Eggges, and take of the rinde about the yolke , then put the yolke into the Ale, and boile them together and stirre them well, and so drinke it morning and euening

## For the heate in the backe:

**T**ake Vng. frigidum Galeniꝝ. iiij. you muste take the ointment and spread it vpon a fine Linnen clothe, beyng first dipped in redde Rose water, then warme it against the fire , and so laye it vpon the Kidneys, and when it waxeth hott e take it of,

E.V. and

# The VVidewes

and laye to an other,

For the Collike and Stone:

**T**ake the cuttynges of a Vine, and dry them thoroughly, when you will make your medicine burne them: Then take the ashes that doeth come thereof, and it into a pinte of Renishe wine, or white wine, and let it stande in it all night, and in the morynge drinke thereof: thus vsyng the quantitie of the vine, to the quantitie of the wine.

*Probatum est.*

To stanche Blood,

**T**ake the best Vineger that you can get, Plantaine water, of eche twoo poundes; and therein wett diuers Linnen clothes, and laye them to the soles of the feete, the paulme of the hande, and againt the Liver: and the bloud shall forthe with stanche.

To take awaie Spottes from the  
handes or Sunburnyng.

**T**ake the iuyce of a Limon with a little baye Salte, washe your handes with it

## Treasure.

it and let it drye , then washe them with  
Cundite water and you shall finde all spots  
gone:it is good against scurfe or such like,

### Against the stuffyng of the Lungen,

**T**ake and make a posset of Sacke and  
Ale, with Aniseedes and Licois bea-  
ten to pouder , and lette it seeth with the  
drinke , put in it a good peece of suger and  
Dredge, if you haue any, and drinke there-  
of every mornyng, it helpeth.

*A water to washe the yard, for one  
that had the running lately  
of the Raines:*

**G**lasse Ake Daisies , Plantine leaues  
and Woodbine, of eche thre hand-  
fulls, of the best Englishe honie,  
and a peece of roche Alome as  
bigge as a walnut boile all these in a quart  
of faire water, with a pretie quantitie of red  
Rose water,in an yearthern pot close cou-  
red, so long as you will seeth an Egge, un-  
till it be hard , then straine it, and with this  
water with your seryng, squiree it into the  
yard, the water beyng luke warme, so that  
the

## The VVidowes

the pipe thereof bee put an inche or more,  
and spoute it strongly, that the water mai  
come behinde the soze place, and so vse it e-  
very daie thre times, for a monches space,

*For Senewes that be shrunke, in ma-  
ner of an ointment.*

**T**ake twelueyong Swallowes out  
of the nest, take also vnsyt Tyme,  
the leaues and stringes of Straw-  
beries , and Lauender Cotten of ech a  
handfull , and stampe them together , and  
the Swallowes, with their feathers, gut-  
tes and all, then stampe them in a morter,  
and so boile it in Maie Butter, and then let  
it be put into an earthen pot, stopped close  
the space of nine daies, then seeth it againe  
with some more Maie Butter, and straine  
it, & when neede is chafe it against the fire,

*For sore eyes that smart or itche.*

**T**ake Lapis Caluminaris, and make  
it hot in the fire, quench it in a pinte  
of white wine, thre or fower tymes,  
then take the Stone and stampe it to fine  
powder, and straine the wine with the pou-  
der,

## Treasure.

ver, and putte it in a glasse, and when you haue neede use it. Remeniber to shake the glasse till it be thicke, and with a feather droppeth two or three droppes in your eyes the partie lyng on his backe.

## Against the Sciatica.

**G**ake fower or fiftie greate Onions  
and roste them very softe, then  
pill and stampe them in a morter,  
and put thereto halfe a pinte of  
*Aqua vita*, three sponfulls of Meates  
feete Oyle, and boile them together till it  
ware very thicke, then straine them, and  
therewith anoint the greef, chasing it in be-  
fore the fire a quarter of an hower, euening  
and morwyng, then laye a wilde Cattes  
skin thereto, the hearie side nexte your flesh  
and within xv. daies you shall haue ease.

*An oyntment for Aches, Bruses, Lamenesse, Stitches, Goutes, hardnesse of the Spleene, Agewe, Cancer, and for paines in the eares,*

**Take**

## The VVidowes

**T**ake of Sage and Rewe, of eche a  
pounde, of Womewood of Baye  
leaues, of eche halse a pounde, of  
Sheepes Sewet cleane picked from the  
skinne three pounde, of sweete Oyle Oile  
a pottle, choppe the hearbes very smal, and  
then stamp them as small as maie be: then  
shreadd the sewet very fine, and put theri  
all together, and then stampe them alto-  
gether vntill the sewet bee not seene: then  
take it forthe and put it into a faire panne,  
and put the Oyle into the panne and couer  
it close, and so let it stande for the space of  
ten daies: then take it forthe and breake it  
into a brasse panne, and set it on a soft fire,  
and alwaies stirre it vntill the hearbes bee  
crackynge, then take it of and straine it  
through a wide Canuas clothe into a faire  
earthen pot: and so keepe it. For those be-  
hement aches when you shall lye of this  
oyntment vpon it, you must take the Woll  
that groweth betweene the Sheepes leg-  
ges or the longest of the Woll, and carde it  
in broade flakes, and baste it vpon a linnen  
clothe, and keepe that alwaies to it.

To cause one to piss.

Take

## Treasure.

**T**ake Horsdung of the Stable newell  
Hale Butter and *Aqua vita*, of ech  
like portions, frie them together and make  
thereof a plaister, and applie it to the pa-  
tient from the Nauell to the Fundament  
as hot as you may suffer it; and feare not  
though it cause to make bloud to issue, for  
suche is the working of the medicine: it  
causeth the Stone to auoide: approued.

## A soueraine medicine for an ache in the Shoulder.

**T**ake Figgis & Raisens of the Sunne,  
of ech a like quantite, and half as much  
Mustard seede, and beate them very small,  
grinde them with the best Vineget in a  
paire of Mustarde Quernes, that doen;  
spread it upon a Lambes skinne and late it  
to the ache.

## To stanche bloud at the nose.

**T**ake an Egge and breake it and put  
out the meate, and then receiue so much  
bloud as wil fill the shell of the partie blee-  
dynge, that doen; set the same in the fire un-

# [The] VVidowes

till it bee harde , then burne the same to a  
ches, and it will stanche the bleeding.

*Idem.*

**T**ake an Inkell and binde the person so  
bleeding about the Temples of the  
head, and knic the knot thereof in the neck,  
and it stancheth.

*For an Agewe.*

**T**ake three pintes of Ale, an vnce of red  
Sage, the like quantitie of Baye lea-  
ues, thre vnces of fine Suget , with a  
spoonfull of Pepper, seeth all these together  
in the Ale vntill it be sooden to a pinte, then  
Straine it through a faire clothe, and drinke  
this before the fit commeth.

*To binde to the handes being parcell  
of the same medicine.*

**T**ake as muche greene glasse as will fill  
a spone beeyng beaten to pouder , take  
thre sponefulls of Stone Honey , with a  
handfull of redde Sage:mingle these with  
a head of Garlike, partyng thereto as ma-  
ny Cobwebbes as will temper the same,  
beeyng

## Treasure.

Being an Eggeshell full, then take them all together and vse this a quarter of an houre before the fitt: This must bee vsed rounde about the wistles.

*For one that consumeth to be eaten  
in the mornynge.*

**T**ake a newe laied Egge let it bee rere rosted, and put thereto a cake of *Manus Christi*, and let it dissolve in it: and eate the same euening and mornynge.

*For a colde Stomacke.*

**T**ake a newe laied Egge beyng rere rosted, and put thereto a pretie quantitie of grosse Pepper: let hym eate it next his harte to dissolve colde humors.

*For the swellyng of the harte, and  
breaking of Fleume.*

**T**ake a quarter of a pinte of Damaske Rosewater, three sponefulles of white Wine, with a fewe soppes of white bread, a pretie quantitie of Butter and Suger, this beyng boyled vpon a Chafingdishe of coales

## The VVidowes

coales, let the partie eate theréof thre or  
fower sponfulls after meate.

**T**ake a small quantite of Palmesie,  
Wuiter, and Vineger, of Rosés, boyle  
them in a Chasingdishe, and put thereto a  
Rose cake to heate in it vntill it be through  
soked, and laie it to the Stomacke, and let  
the partie be rouled.

*Against an Agew, the Plague, and good  
to comforte Nature:*

**T**ake a pinte of Palmesie, and a hand-  
ful of Mai weede brused, and the iuyce  
thereof put into Palmesie, and let the par-  
tie drinke thereof.

*For the windē Collicke:*

**T**ake of Sacke and *Aqua vita*, of eche  
a quarter of an vnce, put thereto a peecē  
of Suger, and let the partie drinke therof.

*To skoure the inward partes, and for  
the rising of the Lungenes:*

**T**ake a pinte of Sacke and burne it: for  
to delase the heate thereof, put therein

## Treasure.

a penisworth of Treacle, a little Ginger, a  
Nucmegge grated, Sianamom a good  
quantitie with Sugur, and after it is boy-  
led put thereto a penisworth of Sallet Oyle,  
and drinke thereof in the dayng and euening:  
it will cleanse the bodie.

## For an Agewe:

**T**ake a pretie quantitie of Daffadendoll  
leves the blades, & bruse them and seeth  
them in a piate of Ale or Wine, with a  
sponefull of Grayns brused: let the partie  
drinke thereof before his fit come.

## For one that is deafē:

**T**ake a reddē Onyon and cut out the  
core beeving in the middest thereof,  
puttyng therein the Oyle of rosted  
Almondes, the Onyon beeving somethyng  
warme: the next morwyng wher it is cold,  
let the partie greeued cause one to droppe  
thre droppes thereof in the eare of the par-  
tie in the morwyng or euening, stoppyng  
his eare with blacke Woll that groweth  
vnder the Sheepe's eare; and let hym lye  
on the same side.

*Fili,*

*Idem:*

# The VVidowes

*Idem:*

**T**ake grounde Juie the iuyce thereof,  
and white Coperis beyng burnt, and  
laike the same in the iuyce of the Juie till it  
be dissolved, and so vse thre droppes mor-  
nyng and eyenynge.

*For the bloudie Flix:*

**T**ake Turden Almonds and blanch  
them, and let them boyle in English  
Honey till thei be blacke, and so eate  
them with a little of the best English Ho-  
ney.

**A**Other Beades beaten to powder and  
put into a Chasingdisme of coales, the  
partie greeued must sit ouer them as he  
woule easse hym self.

*An excellent medicine for the  
grene Sickenesse.*

**G**Take a gallon of mornyng Milke  
after it be setled, Creame and all  
take also a breast of the yongest  
Cleale, and the fassest you cā get  
and washe it faire, and drye it with a clothe.

## Treasure.

So that no water remaine in it , bruse the same bones and all , and putte it into the Milke , take twelue Dates or more , and cut the in the middes , and take also a quarter of an vnce of whole Mace , and halfe a pound of Currōs , two handfulls of Mintes , a handfull of wilde Tyme , and put all these into the Milke with the Meale , and let the liquor seeth vntill halfe be consumed in seethyng , and when it is well sodden , it will bee as a Jelly : when it is colde the patient maie either drinke it beyng warme , as a brothe , and maie be eaten as Jelly beyng colde . If the pacientes stomacke will beare it , make a tost of wheaten bread , and soke it in Malmsey , and stroewe vpon it the pouder of Mintes , the partie must use this v. or sixe weekes , or as long as you thinke good , beyng towardes Spring time , with some exercise .

## To prouoke Vrine spedely .

**T**ake Wood Betonie bothe rootes and leaues , washe them , and putte the to drie in a seeue into an Duen , where Browne bread hath been newly dra-

F. iiij. wen,

## *The VVidowes*

men, vse halfe a sponfull of this pouder in  
white wine Posset ale, Potage, or in your  
drinke.

### *For heate in the Liver.*

Ake a quarte of Strauberies, wilde  
**T**ansey, three pintes of new Milke,  
stil all these together, and drinke it in  
the morwyng nexte your harte, and washe  
your face therewith.

### *To preferue Nature, to eate*

*a Mornynges.*

**T**he volke of an Egge with *Manna*  
*Christi.*

### *To make a Clister.*

Ake a fatte Sheeves head, or a Ca-  
**T**apon, a handfull of Beetes, a handfull  
of Hallowes, a handfull of Violettes  
and if the pacient be hote, take thre spone-  
full of oile of Roses, if colde, take the like  
quantitie of oile of Violettes, boile al these  
together, vntil it come to a pint, then strain  
it, and let the pacient drinke.

*For*

## Treasure.

For one that is weake, and to  
comfort the stomacke.

Ake a pinte of Sacke, and burne it  
T with a topp or twoo of vnsel Hyslope  
and Rosemarie, take thre Dates  
beaten in a Morter to pap, and let it burne  
with the wine, also with a newe laied egge  
beaten, a sponfull of Damaske Rosewater  
and a sponfull of Salette Dile, drinke this  
moryng first, and night last.

For the like.

M Almesey burnt with a halfpeniworth  
of Saffron, beying dried to powder,  
with Salette Dile and Triacle of eche a  
halfpeniworth, vse it moryng & euening.

Per Idem.

N Ette seedes dried and beaten to pou-  
der, and dronke with Almesey eue-  
ry moryng.

To restore Nature, and helpeth  
a weake Backe:

F. iiiij.

Take

## The VVidowes

Ake a quarte of Sacke , a toppe of  
T Rosemarie, winter Succorie, Peni-  
riall, of eche a like, Ginger , & Nut-  
megges , as will burne the wine . Then  
take a newe laied Egge or two volkes and  
all, and beate it with threē sponfull of redd  
Rolle water , and putte thereto a peece of  
Suger , then take the burnt Sacke , and  
and burne it with the Egge a ḡ pod while,  
and put in it a Mace , and it will bee in ma-  
ner of a caudle, vse to drinke of this warme  
threē tymes a daie, morne, after dinner, and  
when you goe to bedde, putte therein some  
Sallet oile.

### To staine runnyng of the raines:

Ake a pinte of Milke , and a good  
T quantitie of Otemeale, beeyng well  
brused , and seeth it with the Milke,  
and putte therein a good peece of Suger,  
and eate the Milke thereof being strained

### A precious vinentment or oile.

For swellyng or aking in feete, or in legges  
or in knees, taken with colde, excellent to  
heale a wond, farre better then any balme  
for olde bruses and shrinking of Senewes,

merueilous

## Treasure.

merueilous good: an Oile for all maner of  
sores passing all other. Thus it is noted  
in an old Register booke:



Ake a Gallon or a pottell of Sal-  
let Dyle, of the best, then take  
Sage, Laueder, Southernwood,  
Wormewoode, and a quantitie of Camo-  
mell, after the quantitie of the oile, and cut  
the hearbes smal, then put them in that oile  
in a faire basin of Lacon, or other mettall,  
and stirre it well together, and put in so  
many hearbes that it maie be thicke, stan-  
dying, and so let the stande and rotte a mo-  
neth full: then make a faire fire of Coles,  
and purtyng to a quantitie of the same oile,  
set it on the fire in the same basin, and let it  
boile three houers or more. Then take it  
from the fire, and let it freie, and when it is  
Miske warme, or somewhat hotter, then  
take a bagge of greate Canvas, and with  
a staffe straine out all the matter as cleane  
as you maie, and then put it in a glasse, or  
other faire thyng, and keepe it well closed,  
and it will continue in his vertue twentie  
yeres after. *Probatum est.*

*For stued Mutton.*

F.V.

Pug

## The VVidowes

**P**ut your Mutton into a potte with faire water, and let it seeth and scorne it faire, then put in Salte, make not too muche brothe, then take Hisop, Time, and Perselley, and choppe them small, and put them into the pot with a little Pepper, and serue it out with soppes, and if it be in Winter, put in some Carret rootes.

*To dresse a Hare or Conie in brothe,  
with a puddyng in their bellies.*

**Y**our Hare or Conie beeynge flead, and the eares left on, let it be washed in two waters, hauyng before prepared in a readinesse grated bread, Coxfans, sweete Mutton suet, or Beefe suet finely minced: with pleasant and wholsome herbes, as Winter Sauerie, and Penitentiall, with sweete Mergeronne, these also verie finely chopped, and seasoned with Pepper and Salt, Cloues and Mace, the yolkes of three Egges, with sweete Creame, and Suger, with twoo or three Dates, all these mingled together, put into the bellie of the Hare or Conie, and so sowe it vp. Then take Mutton brothe of the besste and fattest, put it in suche a Kettle where your

Hare

## Treasure.

Hare maie lye compasse, or Conie long  
waies, after it hath boyled a little, put it in,  
and put thereto Grapes, or Goseberies,  
Sweete Butter, Salt, Vertuice, Corans,  
grated bread and Sugur, and when it is  
boyled, serue it forthe with soppes.

## Mutton.

**P**ut your Mutton in a pot with faire  
water, and let it bee well scummed,  
then take some costes of breade and  
toss them broune, and then cast them into  
cold water, but take them vp againe quick-  
ly, and let them lye and drye a while, then  
straine them with wine and Vineger, and  
so put it into the pot and let it boyle: Put in  
some Pepper, whole Cloues, and Sina-  
mion, and let all this bee well stewed, but  
forget not salte. Serue it out vpon soppes,  
and boyle somer Duypons in it cut into pee-  
ces. And likewise thys will serue for Ge-  
nison, Balardes, and Teles.

To boyle Chickins with Endive and Suc-  
corie, or Lettice, or any other  
colde Herbes.

Prepare

## The VVidowes

**P** Repare a Loyne or Racke of good Mutton with a Maribone or two, and beeynge chopped, put it in a Pipkin with faire water ouer the fire, and let them seeth a pretie while together, then take half of it out of the Pipkin, and straine it with a Strainer, then put in your Chickins, afterwardes hauyng prepared your colde hearbes cleane washed put them in: Also hauyng steeped your white bread readie to straine through a Strainer, let your broth be therewith thickned: So take Pepper, Salte, vergis, and Suger, and season your broth: then vpon soppes serue it forth with the Marrowe vpon it.

## For small Lampernes:

**L**E T your Lampernes be cut in small peeces: then take a frysing panne with Butter and Onions minced, and so frie them together: And when thei be well fried put them in a pot, then take two Cossets of browne bread and cosse them well, then straine them with a quantitie of Vneger, Wine and water: and put thereto a little Pepper and Cloues and Maces, and boyle

## Treasure.

boyle all this together with your Lant-  
ernes vpon the coales; and so serue them  
out with soppes.

### To potche Egges in Broth:

TAKE Vergis and faire water, and a dish  
of newe Pest, and put thererin Cloues,  
Mace, Corrants, Suger, sweete Butter, a  
handfull of Spinage, and let them boyle a  
good while, then hauyng poched your Eg-  
ges in faire water that is seethyng: then  
laike your Egges in brothe and serue them  
forth with hearbes laied ouer them.

### To bake Breme, Trout, Mullets, Pike, or any Fishe:

LET them be well seasoned with Clo-  
ues and Mace, Salte and Pepper, and  
so bake them with small Corrants, Ver-  
gis and Butter, great Raisens & Prunes.

### For Soppes on the Fishe daies:

TAKE some Onions and frie them with  
Butter a while, then take water, pep-  
per and salte, and put all together into a

## *The VVidowes*

pot with the Butter and Onyons, and let them sumber vpon the fire : And so serue them out vpon Soppes, and cast a fewe small Raisons vpon the Soppes, and put the Byroth vpon them.

## *For Spinage.*

**T**ake Spinage and washe it well, then laie it vpon a boord and gine it fve or sixe choppes with a knife , then put it into a frysing panne with a little faire water and seeth it well, then take Butter , Vergis , and Salte, and put it to the Spinage, and so boyle it together in a pott , or betweene two platters : and so serue them out with Soppes.

## *Sodde Egges.*

**S**eth your Egges almost harde, then peele them and cut them in quarters, then take a little Butter in a frysing panne and melt it a little broune , then put to it into the panne a little Vneger , Mu-starde , Pepper and Salte, and then put it into a platter vpon your Egges.

*Fcr*

## Treasure.

For Oxe Tongues boyled.

**W**hen your Oxē Tongues bee  
boyled, take them and peele the  
then cutt them ouerthwart in  
small peeces, then frie them with Butter,  
and put them in a pot with costes strained  
with Wine vineger and water, and let the  
boyle: put thereto Salte, Onyons quarte-  
red, Pepper, Sinaniom, and whole Clo-  
ves, and so serue them with Soppes.

## Spinage.

**T**ake Spinage and parboyle it well,  
then wryng the liquor cleane from  
it, then choppe it very small, and put  
it into a platter and breake some Egges  
into it: then take a handfull of grated bread  
and put into it and suger with a little salte,  
and beate all this together: but let it not be  
to thicke nor to thinne, but better thicke  
then thinne, then take a frysing panne with  
some Butter, and when the Butter is a  
little more then melted, take a spoone and  
laie your Spinage in the frysing panne e-  
very sponfull by hym self, and so frie it as  
you would frye Fritters, and put it in a  
dishes

The VVidowes  
dishe and cast Sugger on it.  
For Eggges.

**T**ake some Eggges and beate them well with a little faire water and salte, then take a frysing panne and melt your Butter and then put in your Eggges, then take a knife and lise vp the Eggges, that the rawe maie goe all to the bottome of the panne, then turne it vp with your knife on euery side, that it maie be square, then laie a dishe vpon the panne, and turne the panne upside downe vpon the dishe: and so serue in your Eggges with Vergis or Alneger, as you will.

*A drinche to plume vp a Horse, and to expell colde, to cleare hym of the Glaunders and to open the pipes.*

**T**ake ground Willis, alias Groundsell, Enulatam pane, of ech a handfull, stampe them and straine them in Ale, seeth them all together: then take of Fenicreke, of Turnericke, Anisseedes, of Cumminseedes, of Garlike, of long Pepper, of Licorice, of Graines, and if he haue the

## Treasure.

The Bottes or wormes gine hym Sauin,  
Giue him this drinke luke warme a quart  
at a tymie, then ride hym till he bee hotte,  
then dryng hym into the stable, and litter  
hym well, and coxie hym till he be thorow  
colde, then let hym after stande vpon the  
Butte, and turne hym to grasse.

**T**o a Horse that hath eaten a feather,  
giue a branch of two of Sauin dry.

*A drenche for a Cough.*

**A**Quarte of Vineger, Semcreke a pe-  
nitworth, Turmericke i. b. Enulatam-  
pane i. b. long Pepper i. b. Baiberics i. b.  
Licoice i. b. fower Egges, Amisseedes,  
Lay the Egges in Urine al night, and after  
in these drugges beaten, & so giue it y beast

*To make a good powder to giue a Horse  
in his prouender, or to giue hym a  
drinke for the Cough, and o-  
ther inward disease.*

**T**ake of Licoice i. b. cutte it in peeces  
and beate it into powder, then take A-  
misseedes i. b. of graines, i. b. of Turmerick,  
G. s.              J. b.

## The VVidowes

i. b. of Fencrike, i. b. one Nutmegge, half  
a pinte of Oile Olie, a quarte of Hilke.

To cause a Horse to haue  
a good Hoofe.

**T**ake Cowdung or Drudging, and let it  
be mingled with strong Vineger, and  
in the euening applie it (beyng made very  
hotte vpon his feete, and wraphpe vpon the  
hoofe, a peice of Leather, or some old rag-  
ges to keepe in the heate, and withyn twoo  
vesselinges it shalbe remedied.

For a Horse that is stong with an Ad-  
der or Snake, a present remedie.

**T**ake three handfulls of Sanctle (it is  
a weete chomonly knownen) and stamp  
it, and putte it in newe Hilke, and with a  
horne drinche hym. Or take Honie and  
Sallte, and twoo Onions : Then stamp  
them, and applie it to the soze place, and  
drinche hym with this composition as fol-  
loweth: wine a quart, and put into it white  
Pepper, Heardegrace, and Tyme with a  
little Triacle.

End

## Treasure.

**A**ND if he bee prickt with a naile,  
this is a sure remedie, search well  
to finde out the Naile, his Hoofe  
beyng cleane pared, specially the corrupted  
place or hole, where the naile had festered,  
then take Rosin and Clape to fill the same  
place, and with an hottie Iron, lette stonye  
pitche be melted upon it, and laye therev-  
pon some Cotton, then beyng well shodde  
againe you maie trauell hym at pleasure.

**I**F your Horse by happe drinke a Horse-  
leche, he is in greate danger, for by their  
suckynge thei will kill hym: but present-  
ly take sweete Oile, and powre into his  
mouthe the quantitie of a quareer of a pint,  
and it will destroye them quickly.

**I**F your Horse swallowe doane Hens  
dung in his Haie, it will so frette his  
gutes, that he will vnde at his Funda-  
mente, verie soule excrementes, whiche  
beyng perceived, make hym a drinch with  
Parsley seede, Smalledge seede, Honie,  
and wine, and walke hym at least after it  
two houers.

## The VVidowes

**I**f your Horse haue the Bottes, geue hym every Horsynge two handfulls of Agrimonie, without any other meat in his racket, till sene howers after, and with in fower or five daies, it shall destroy them.

**I**f your Horse bee Lousie about the eares, Necke, or Taile, or of any other part of his bodie: Take the best Sope you maie haue, a pound, and halfe a pound of Quicke siluer, mortified with *Aqua vita*: and with this ointment you shall destroy them.

**I**f he can not pisse, geue hym a quarte of Chalke water somewhat warme: if broken winded, take Longwort dried, y<sup>e</sup> Dwarfe Gertian, and mingle it with his water that he drinkeþ till he amende.

**I**f he be scabbie: let hym be let bloud, and afterward with this ointmente, let hym bee anointed where the scabbes are. Take Sootre of the Chimney, soft Sope, the iuice of Hemlockes and Vineger, Quicksiluer, liquid Pitcher and Honie and mingle them till thei come to bee an ointment:

## Treasure.

giment. Kill the Mercurie with fastynge  
Spettle.

If his backe bee galled, take the pou-  
der of twoo old shooes beyng burnt,  
with a pretie quantite of Butter mol-  
ten, and powre it vpon your horse backe ve-  
rie hott, after that, put the pouder thereon.  
This is approued.

An excellent medicine for a sore Horse-  
backe, if he bee never so brused, if  
there be a Fistula it healeth  
it, or any ded flesh.

Take a quantite of Alome and burne  
it, and also take a handfull or more of  
Barley and burne it, and take the pouder  
thercof, and mixe it with the roche Alome,  
beyng bothe mingled together. powre it v-  
pon the sore, Mornynge and Euenynge, but  
if the sore be corrupt, and full of dedde flesh  
then vse more of the roche Alome, then of  
the pouder of Barley, and when it begin-  
neth to heale, vse them bothe together, but  
more of the Barley then of the roche A-  
lome; this is a moste excellent remedie, if

S.iiij.

you

## The VVidowes

you haue no Alloin presently, let hym take  
a good quantite of Butter and Vergis, and  
put it vpon the fire, and make it very hotte,  
and so powre it vpon the soxe Morning  
and Euenyng, laying a little Haye and a  
clothe, binde it close all night. If the Horse  
be pinched and swelne then kepe it warme  
and dippe a pad of Haye in the water, and  
laye it vpon it, and keepe the Saddell, or  
somewhat els vpon it all night, and it will  
delaye the swellyng. Proued.

### A present remedie for the Cowefixe.

**T**ake a pottle or gallon of faire water,  
and put therin so many Hedgfoles as  
will suffice to be steeped in the said water,  
and sette it ouer the fire to seeth, and there-  
with mingle the pouder of Chalke egges,  
whiche you maie haue at the Kyl, because  
it is the best and finesse in medicin: and giue  
it your cattell.

### For faint cattell, aswell Cowe, Oxe, Bull, or Stere.

**O**uely Vergis is the remedy given the  
to drinke, and presently turned to  
good pasture.

D

## Treasure.

**O** Relis thus: take for every one a pint  
of Virgis , and putte thereto a little  
handfull of Batesalte, and therewith rubbe  
their tongues, and afterwardes leite them  
drinke the rest, as we haue aboue declared.

**A** ND also, sometymes by quyll sedyng  
vpon brousyng , their teethe are so loose  
that they feede not, whiche you shall reme-  
die thus . Take the taile of the beast thus  
diseased, and with your hande feele for softe  
places, whiche beyng founde, slitte it aleng  
and binde it vp again with Soote and Gar-  
like mingled together , and it helpeth pre-  
sently.

**B** ET the moste perfectest medeine that  
maie bee giuen, is to haue this speciall  
care, that they want no water.

*An excellent drenche for Cattell to bee  
giuen them , either at the Spryng  
tyme or fall of the Leafē.*

**T** Ake harde Soote that commonly is  
vpon the post of a house or roose where  
the smoke hath his issue, which being beat

G. M. ten

## The VVidowes

you haue no Alloin presently, let hym take  
a good quātitie of Butter and Vergis, and  
put it vpon the fire, and make it very hotte,  
and so powre it vpon the soxe Morning  
and Euenyng , layng a little Haye and a  
clothe, binde it close all night. If the Horse  
be pinched and swelme then kepe it warme  
and dippe a pad of Haye in the water, and  
laye it vpon it , and keepe the Saddell, or  
somewhat els vpon it all night, and it will  
relaye the swellyng. *Exaudi.*

*A present remedie for the  
Coweflixie.*

**T**ake a pottle or gallon of faire water,  
and put ther in so many Hedgesloes as  
will suffice to be steeped in the said water,  
and sette it ouer the fire to seeth, and there-  
with mingle the pouder of Chalke egges,  
whiche you may haue at the Kyl, because  
it is the best and finest in medicin: and giue  
it your cattell.

*For faint cattell, aswell Cowe,  
Oxe, Bull, or Stere.*

**O**nely Vergis is the remedy given the  
to drinke , and presently turned to  
good vassure,

D

## Treasure.

**O** Reles thus: take for every one a pint  
of Virgis, and putte thereto a little  
handfull of Baisalte, and therewith rubbe  
their tongaes, and afterwardes lette them  
drinke the rest, as we haue aboue declared.

**A** ND also, sometymes by euill sedyng  
or brousyng, their teethe are so loose  
that thei feeve not, whiche you shall reme-  
die thus. Take the taile of the beast thus  
diseased, and with your hande feele for losse  
places, whiche beyng founde, slitte it aleng  
and binde it vp again with Soote and Gar-  
like mingled together, and it helpeth pre-  
sently,

**B** At the moste perfectest medeine that  
maie bee giuen, is to haue this speciall  
care, that thei want no water.

*An excellent drenche for Cattell to bee  
giuen them, either at the Spryng  
tyme or fall of the Leafē.*

**T**ake harde Soote that commonly is  
vpon the post of a houise or roofe where  
the smoke hath his issue, which keepynge bea-

G. M. S. ten

## The VVidowes

ten into powder with Baye salte, seethe the same in Runnyng water and giue it them to drinke. Rancke Iuie with the Soote and salte, and when the Iuie is soft, wringe out the iuyce and straine it through a strainer, and let your Cattell drinke thereof bloud warme. Osten proued.

If thei be hidebounde, take the leaves of Flowzedeluce, straine them and let the drinke the iuyce thereof. It is approued.

If thei be swolne of the Taint, giue them to drinke presently mang vrine mingled with Salte and Treacle. Approued.

If your Cattell viz. Horses, Kylle-kine, or Oxen happen to bee brysed or wounded by any misfortune, presently giue them to drinke the iuyce of Sancle, and also apply the hearbe to the ourwards parte where the greef may happen. Comphrey is of the same vertue, especially for a fall quat or bruse.

S Dailes stamped with sovre Leaven and Comphrey, and applied to any parte

## Treasure.

parte of the Beaste that is pricked with  
thorne, it will draw it forth sone.

For Cattell that are sick or hurt.

**T**HE bloud of a Graie mixed with  
salte, and instilled into the hornes of  
beastes, is approued so to preserue  
them from the Murren.

**I**F you suspect them to be infected, apply  
to their noskrelles the hearbe Deniroyal  
somewhat brused.

**O**R cut the beast in some parte and put  
into the wound pouder of blacke He-  
lebor, whiche is of this singuler vertue to  
drawe unto it any paysoned humour, and it  
yeeldeth present remedie.

A soueraine drinke for al manner of Cat-  
tell that you suspect to be Lung sick.

**T**Ake me of the hearbe that is called  
Cowslippe, or Lungwort, it gro-  
weth vnder every hedge, and stamp  
it, and put thereto Senegreeke and Mad-

G.v.

ver

## The VVidowes

per with good Ale , and with a Horne or  
pretie Tunnell drunche either your Horse,  
Oxe, Cowe, or Swine, and it shall yeelde  
present remedie if there bee any desease in  
the Lungen.

D uarse Gentian: of some called Mooke  
Gillofer , small chopt and guuen to  
Swine, and all other Cattell it preseruech  
them wonderfully from the Murren , and  
all suche contagious deseases as happen to  
Cattell in corrupt tymes.

T HE bitter Letche is mosste profitable  
to bee guuen to Oren or other Rine,  
that you are desroyys to haue sone faged.

T HE water whiche standeth in the hol-  
lowes of Beeches, doth perfectly cure  
the naughtie Scurfe and wilwe Tellers  
or Scabbes of Men , Horses , Rine and  
Sheepe, if they be washed therewithall.

T HE leaues of blacke Elder are very  
good Fodder and feedyng for Rine,  
and causeth them to yeld store of Milke,

Prickium

## Treasure.

**P**ricktumbe or Spindeltree is hurtfull for all Cattell, especially Goates, for it killeth them if that thei purge not presently upwardes and dounewards.

**H**ogges and Swine are very quicke of hearyng, and are giuen muche to sleepe, and will eate their owne Piggess, and seede vpon vile carrion: which causeth them many deseases, as botche, byle, and soze throte: But the best remedie that I knowe, is to let the bloud vnder the tung, and giue them Hadder with Pancis, calld hearbe Trinitie, sodd in Thaire; and it shall heale them presently.

*Moste precious and approued drinches  
for all cattell, but specially  
Kine and Oxen.*

**T**ake twoo handfulls of Lungworte of bothe kindes, of Rewe, of the inner rinde of Elder, thele beynge small chopt, let it be put in a gallon of good Ale, whiche beeynge set ouer the fire in a Skillet, lette it seeth till a quarte be consumed, then stirring it, putte thereto

## The VVidowes

therets of long Pepper, of Graines, of L  
oxice, of Anisseedes, of Cominseedes, of  
Turmericke, of eeche an vnce: of Papper a  
quarter of a pounde, and whyle these seeth,  
take me a greate booledishe, and put there  
in a handfull of Baie Salt, halfe a handfull  
of Garlicke three or fower newe laied eg  
ges shelles & all: two balles of Oylament,  
grinde all these thynges with a Pestell in  
the boule, then take the liquoꝝ aforesaid  
from the fire, till it be half cold, and put the  
warme liquoꝝ into the boule, with the Gar  
like Salte, Egges, and Oylament, brewe  
them together well, and let beastes drinke  
of this bloud warme.

**O**ften tymes by many occasiōs, Men  
will pisſe bloud, whiche maie bee hol  
pen thus: Take twoo vnces of Brome  
seede, twoo vnces of Pepper, three vnces  
of redde Phasols, made all in pouder, and  
mingle it with a pottle of white wine, and  
and when you give it them, stirre it well  
together, and drinche them twise or thrise  
a daie.

*An other excellent drinche.*

*Take*

## Treasure.

**T**ake Baieberies a handfull, of Comyn  
seedes twoo vnces, a handfull of Hab-  
der, a haule of Oylamente, of Fenecreke,  
Turmeriske, and Triacle, of eche an vnce,  
of Anisseedes and Graines, of eche twoo  
vnces, these beyng well pouned, put them  
into a gallon of good Ale, and let them bo-  
uer the fire till thei bee bloud warme, and  
suffer not your beastes to drinke till noone,  
in the Sommer, and in the Winter not  
till night.

### *The vertues of Angelica or Healeall.*

**I**f any person be suddenly infected with  
the Pestilēce, feuer: immoderat sweat,  
let hym take of this roote in pouder the  
weight of a grote, and put there a dragine  
of Treacle, and then compound them with  
lower sponefulls of the water of the saied  
Roote, and then after he hath drunke: let  
hym lye and sweate fasting for the space of  
lower houres. It is approued.

**T**HE Roote steeped in Vineger and  
smelt unto, if the same Vineger some-  
times

## The VVidowes

epmes drunke fastyng, is an excellent p̄f  
seruative.

**T**HIS Roote and water therof is excel-  
lent against all inward deseases, it  
skoureth the gatheringes of a Pleurisie  
when it beginneth: it helpeth corrupted  
Lungs, good against the Collick, Stran-  
gurie, and prouoketh termes: menstruall  
in women helpeth inflamations and swel-  
lings. The iuyce of the Roote asswageþ  
the paine of the teeth being put into it, and  
woozketh excellently against the paine in  
eyes, the iuyce of the Roote dropped into  
the eye quickneth the sight, and purgeth it  
from all filthe, and the water or pouder of  
leafe or roote, hath an excellent vertue or  
healyng of rotten Ulcers, and Canckrous  
Sores, for it cleaneleþ them and couereth  
the boone with good fleshe.

**T**HE Hearbe Carduus Benedictus, or  
blessed Thistell, is moste excellent a-  
gainst the heache, beynge eaten or drunke  
it is good against the giddinesse of the heade,  
and comforteth the memorie, and restoreþ  
hearing; the leafe, iuyce seede, and water  
healeþ

## Treasure.

healeth all kynge of povsones: for the water  
hath healed a woman, whose breast was  
eaten with a Canker to the very ribbes.

**B**almie sodden in white wine, & drunke  
three or four moringes together,  
purgeth the breast, helpeth the shrot  
windes, conforteth the harte, driueth away  
dumpe the heauinesse, helpeth the fallyng  
sicknesse and all other deseases. If you wil  
stille Balmie, choppe the herbe small and  
keepe it in white Wine a night: it is of so-  
ueraine vertue, for it deliuereþ Womē  
from their panges and greefe of the Mo-  
ther: also it cureþ the paines of the harte,  
it restorþ the memorie, and causeth sweete  
and pleasant sleepe.

**B**etonie hath the like vertues, it is of  
soueraine vertue to breake winde,  
and conforteth a weake stomacke,  
either the hearbe or flowre boyled, or the  
water destilled, the drye hearbe in pouder  
worketh all the effectes, and then alone or  
with Honey, Womē that are troubled with  
the Mother let them vse it: to be shrot, the  
leaste, flowre, or roote of Betonie sodden or  
dranke

## The Kwidowes

Wunke in Conserne, Electuarie, Shrop,  
Potion, or Powder, is singular for all de-  
seases of the Stomacke, Liver, Spleene,  
Kidneys and Bladder: It freeth the Ha-  
ir from obstrukcion, and draweth from  
thence all害full moistures, for consump-  
tion of the Lungen, Coughes, Dropes,  
continuall feuers comming from the Stom-  
acke: boyle the leaves and flowers of Be-  
tonie in Honied water, and you shall haue  
present remedie.

To drye and heale vp all sores.

Take of common Sallet oyle a poynt  
of Czuce vix. vices, of Licarde thre  
vinces, Mirra halfe an vnce, make these  
like a Serre cloth which is made of Clare.

Approved against the Plague.

Take Aqua vita thre vices, Rose wa-  
ter an vnce dad a halfe, wherem lay to  
steeppe thre draymes of Suaniso, ye also w  
Saunders due drayme: straine it through  
a hearen Strainer, and sweeten it with  
conserue of Roses, then take an vnce thereof  
of every moring, either in a spau of vpon  
yon a Wolfe of bread.

FINIS.



